



## Fun & Games With

SING "If You're Happy And You Know It," extending the song with different emotions and actions, such *angry/stomp your feet*.

DRAW four large circles. Have your child add details to draw faces with different emotions. Label each with the feeling word your child names.

SHARE a compliment with your child and ask them to give a compliment to you or someone else. Ask: *How did getting a compliment make you feel? Giving one?*

PLAY a guessing game. Take turns acting out a feeling using your whole body, but no words. Talk about the feelings shown.

## Books About Feelings



PRACTICE deep breathing with your child to manage emotions. Have them breathe in to the count of five, hold it for five counts, and then release.

CREATE a calm-down kit with your child by gathering items such as crayons and paper, a squeeze ball, and bubbles.

PLAY music selections that include a variety of tempos. Encourage your child to respond to the music with a facial expression and movement, such as jumping, stomping, or swaying.

GUIDE compromise when conflict comes up. Sing to the tune of "This Old Man." *You want this. S/he wants that. How can you both get something you want?* Brainstorm solutions.

PLAY PRETEND with your child using stuffed animals or dolls to help your child practice using words that name feelings and responding to others' emotions.

NOTE: Keep your child's age and developmental level in mind. It's good to model and teach strategies for managing emotions, but children will need time and repetition.