

Dear Caregiver,

Theme: Emotions

In your kit:

- Playdough
- Craft Stick

### Activity: Sculpting Feelings

1. Look at the pictures of characters showing different feelings.
2. With your child, discuss what feelings you see in the pictures. What feeling is the character showing? How do you know he is \_\_\_\_\_? Why do you think he is feeling \_\_\_\_\_?
3. Have your child use the clay to make the same feelings or new feelings on the face template. Let kids take the lead as they sculpt the feelings.
4. Ask questions like:
  - How can you make the eyes look mad?
  - How can you make the mouth look sad?
  - Why is the face sad?
5. Help your child write the feelings under each face.





# All About Emotions BINGO



**Draw Your Feelings**



**Play, "If You're Happy And You Know It."**



**How Are You Feeling?**



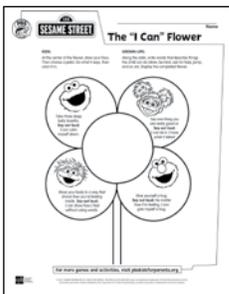
**Practice belly breathing to calm yourself down.**



**When I Feel...**



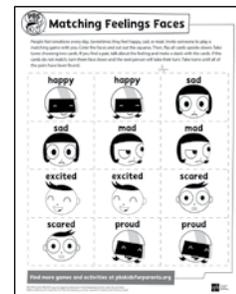
**Look in a mirror and pretend you are feeling happy, sad, mad, and scared. How do your facial expressions change?**



**The "I Can" Flower**



**Invite someone to play. Face each other and then mimic (copy) the different faces you make.**



**Matching Feelings Faces**



**Find more games and activities at [pbs.org/parents/learn-at-home](https://pbs.org/parents/learn-at-home)**



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# Matching Feelings Faces

People feel emotions every day. Sometimes they feel happy, sad, or mad. Invite someone to play a matching game with you. Color the faces and cut out the squares. Then, flip all cards upside-down. Take turns choosing two cards. If you find a pair, talk about the feeling and make a stack with the cards. If the cards do not match, turn them face down and the next person will take their turn. Take turns until all of the pairs have been found.



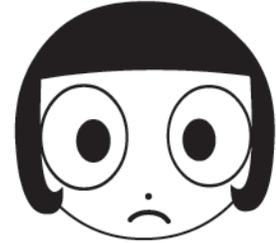
happy



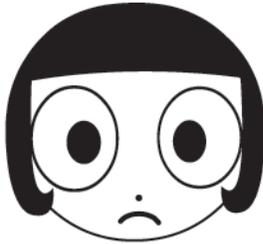
happy



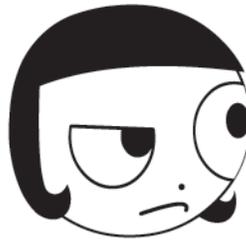
sad



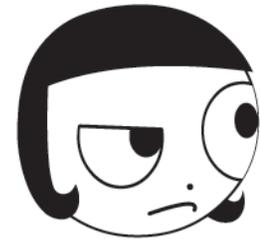
sad



mad



mad



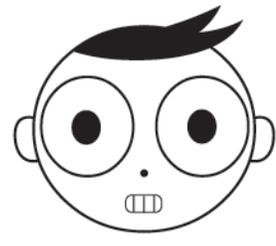
excited



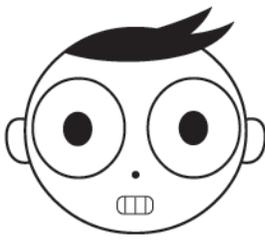
excited



scared



scared



proud



proud



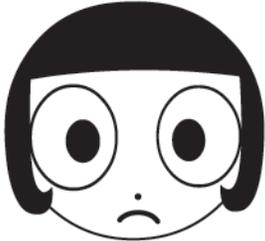
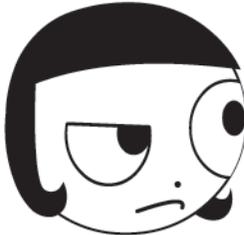
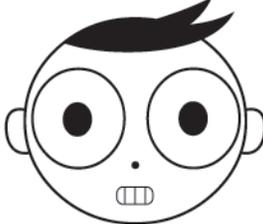
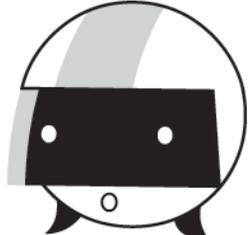
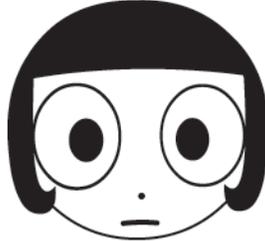
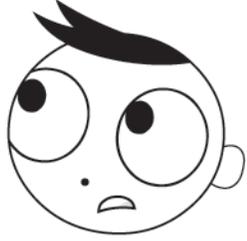
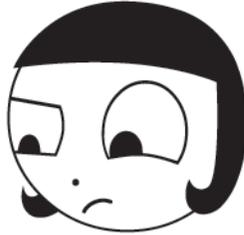
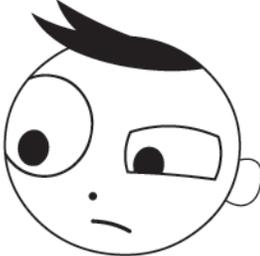
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# How Are You Feeling?

Feelings are a normal part of everyday life. Your facial expressions and body language help tell others how you might be feeling. Use this poster to help you learn about and name different feelings. Think about a time you felt each emotion and why you felt that way. How did you express your feelings? Did you use your words? Did you cry, jump, or scream?

|   |   |  |
|---|---|--|
| <b>happy</b><br>     | <b>sad</b><br>           | <b>excited</b><br>    |
| <b>angry</b><br>    | <b>scared</b><br>       | <b>surprised</b><br> |
| <b>proud</b><br>   | <b>embarrassed</b><br> | <b>worried</b><br>  |
| <b>annoyed</b><br> | <b>frustrated</b><br>  | <b>jealous</b><br>  |

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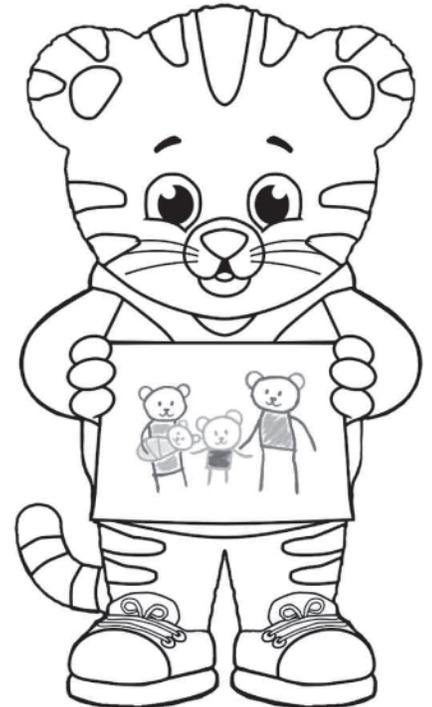


# DANIEL TIGER'S NEIGHBORHOOD®

Name \_\_\_\_\_

## Draw Your Feelings

You can have lots of different feelings when you think something is unfair, difficult or when something unexpected happens. Drawing pictures is one way you can help yourself feel better. Pictures can also help others understand more about your feelings, too. Draw a picture that shows how you are feeling today.



Find more games and activities at [pbskidsforparents.org](http://pbskidsforparents.org)

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Name \_\_\_\_\_

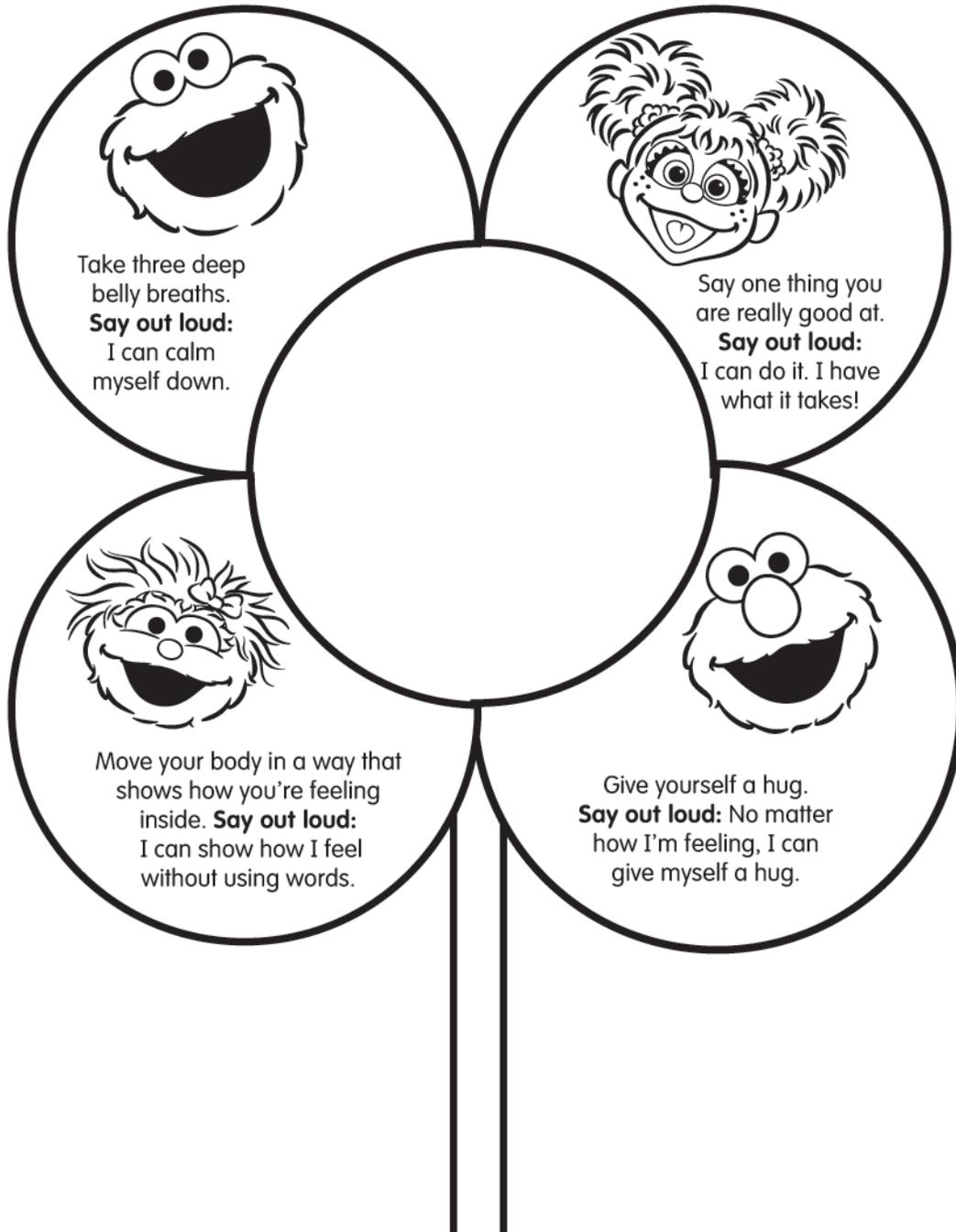
# The "I Can" Flower

### KIDS:

At the center of the flower, draw your face. Then choose a petal. Do what it says, then color it in.

### GROWN-UPS:

Along the stalk, write words that describe things the child can do (draw, be kind, ask for help, jump, and so on). Display the completed flower.



**For more games and activities, visit [pbskidsforparents.org](https://pbskidsforparents.org)**







(Name)

# When I Feel...

Here's a drawing  
of what I do  
when I feel  
happy.

## When I feel happy, I like to...

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Find more games and activities at [pbskidsforparents.org](http://pbskidsforparents.org)

Fold here

Here's a drawing  
of what helps me  
when I feel scared.

## When I feel scared, it helps me

### when I...

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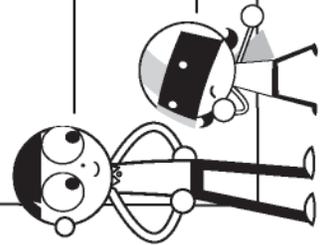
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Here's a drawing of what helps me when I feel sad.

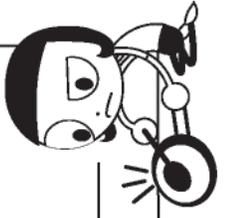
When I feel sad, it helps when I...



Find more games and activities at [pbskidsforparents.org](http://pbskidsforparents.org)

Here's a drawing of what helps me when I feel mad.

When I feel mad, it helps when I...



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# Helping Kids Express Their Emotions

By Dr. Ann-Louise Lockhart

Jan 29, 2021

\*\*\*\*\***Dr. Ann-Louise Lockhart**

Expressing emotions and having them accepted and validated is important for both children and grown-ups. And there’s a whole spectrum of emotions to feel! While many grown-ups view emotions as good or bad, the truth is that emotions are not good or bad — they just are. Emotions are a gift. To be a well-balanced individual who experiences the full range of human experiences, we will eventually experience the full range of emotions that come along with that existence.

The problem or challenge is this: Emotions can be a big experience, and children may not yet know how to handle them. And if a grown-up didn’t have the experience of learning to express their emotions as a child, it can feel like a tough task to help our children express their emotions. How can we help them do something if we have little to no experience with it?

Here are a few steps to follow to help your children express their emotions.

## Educate.

As a pediatric psychologist and parent coach, I find that when children, teens, adults, and parents understand why they felt an emotion, why they had a thought, or why they chose to react in a certain way, they can better understand themselves. They can begin to make connections between feelings, thoughts, behaviors, and events. Education is such a powerful tool! Educating your children about their emotions helps them better express themselves. Here are some ways you can educate your children about their emotions:

- **Feelings chart with faces.** Point to each face, say the feeling, and define it (good for younger kids).
- **List of feeling words.** Talk about the feeling, when they felt it, how they responded, and how they would have preferred to respond (good for older kids).
- **Play a game of Candy Land, Twister, Uno.** Assign an emotion to each color. When a player lands on or picks a color, they share a time when they felt that emotion (good for all ages). Or try these simple games that explore feelings.

Or try singing along with Daniel Tiger and his friends to some of his favorite songs about feelings.

## Listen.

Once your child is more aware and in tune with various emotions, listen to them when they express themselves. Refrain from labeling emotions as good ones or bad ones. Allow them to express the emotions they feel. Even if their emotions are expressed in a way that feels overwhelming, exhausting, or insulting to you, truly listen to the need being expressed behind their emotion. Ask yourself: What are they truly saying to me with this tantrum, whining, explosion? What do they really need? Then reflect the feeling back to them. Combine the behavior with the emotion and the physical body experiences. Here's an example:

Your son has asked for chocolate ice cream for dessert, but there's no more left. He begins to scream, yell, and roll around on the kitchen floor. You say (in the calmest voice you can channel): "You are so *disappointed* [feeling word] that we ran out of chocolate ice cream. Ugh. I'm disappointed too. I don't like when things don't work out the way I expected either. You really want me to know how you feel by rolling around on the floor. I see you. I hear you." Find solutions: "I wonder if we can be super creative. I wonder if there is something else we can find that we can make for dessert." Then just sit with those emotions (both of you).

## Model healthy emotional expressions.

As you probably already know, our children are watching, observing, and copying us all the time. So, the way you handle changed plans, perceived failures, and frustrations will be reflected in their words, thoughts, and behaviors too. Does this mean you always need to watch what you say and do and try to have the perfect response to every situation? Of course not. That is unrealistic and quite exhausting. Here's how to model healthy expression of emotions (and why it works so well).

Process your thoughts and feelings about a situation out loud while your child is present: “Oh my. I should not have taken this road [internal self talk said out loud]. I should have listened to my gut [addressing options you could have taken]. I’m so frustrated with this traffic [stating the real emotion]. I just want to scream [stating the real desire to react with a specific behavior]. But, I will put on some relaxing music and take some deep breaths [healthier response and appropriate regulation]. Do you want to talk about something fun and cool to take my mind off my frustration [remaining connected even when you want to lose it and shut down]?”

Even if you didn’t have good models with how to express emotions, you can start right where you are. You can teach and raise children who know how to express their emotions in healthier ways. It’s hard work, but so worth it. Rooting for you!

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*Dr. Ann-Louise Lockhart is a West Indian woman, a wife of 21 years, a mom of two kids, and has over 15 years of experience as a pediatric psychologist. She specializes in working with clients who present with medical diagnoses and are seeking alternative solutions. She also serves as a parent coach for parents who have kids with ADHD, anxiety, and behavioral concerns. Dr. Lockhart has spoken nationally at schools, conferences, online podcasts, summits, and corporate workshops for topics about ADHD, executive functioning, and racism.*

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<https://www.pbs.org/parents/thrive/helping-kids-express-their-emotions>