



Evergrow Gadget

RECOGNIZING FEELINGS

Busy parents and caregivers can help their children recognize feelings to build social and emotional skills. Children learn how to express feelings by watching and listening to their parents. Talk with your children about each face below.

Print and cut them out or show them each image. Ask your children questions to begin a discussion.

- ◇ What is this person feeling?
- ◇ How can you tell?
- ◇ What about the person's face tells you they feel that way?
- ◇ What about the person's body tells you they feel that way?
- ◇ If you had to describe the feeling as a color, what color would it be?
- ◇ What do you look like when you feel that feeling?
- ◇ What do I look like when I feel that feeling?
- ◇ When was the last time you felt that feeling?

what can we do when we feel that feeling -
if we want to feel more of it or less of it?

