

Feelings Charades

Directions:

1. Talk with your child about the emotions they feel when different things happen. Some examples:

- How do you feel when you find something you lost?
- How do you feel when it's naptime but you're not tired?
- How do you feel when (grandma/grandpa/your friend/etc. come to visit?
- How do you feel when you don't have anyone to play with?

2. Act out an emotion and have your child guess how you are feeling. Once they have guessed, switch and have them act out an emotion. A few emotions to try:



Happy

Disappointed

Loving

Angry

Silly

Bored

Excited

Worried

Confused

Scared

Being able to recognize and name emotions is the first step in managing feelings when they become overwhelming. This skill helps children understand how and why they are feeling this way and ways to cope or celebrate appropriately.