



What Is My Child Learning?

Your child is learning to identify other people's feelings based on physical, verbal and situational clues.

Why Is It Important?

Identifying how others feel will help children have empathy for them.

Ask your child: **How do you show *interested* on your face and body? What about *worried*?**

Read Together

There are many different feelings. Some are comfortable, and some are uncomfortable. All feelings are natural. You can focus your attention on someone's face or body and on the situation for clues about how that person is feeling.

Feelings Photography Scenarios

Show me how you would feel if you:

- Tripped and spilled juice on the floor
- Got a hug from a family member
- Left your favourite book on the bus
- Received a birthday card in the mail
- Had an argument with your friend
- Got an invitation to a party
- Broke a family member's favourite mug

Practise Together: Feelings Photographer

Take turns pretending you're a feelings photographer!

1. Choose a scenario and read it to the person you are going to photograph.
2. Ask that person to show a feeling using his or her face and body.
3. Pretend to take a photo.
4. Name the feeling of the person whose photo you took, and say how you can tell.
5. Ask the person who showed the feeling tell you if you're right.

Now ask your child to choose a feeling and write it in one of the boxes below, while you do the same. Then draw a picture of yourself showing your feeling above the word you wrote, and have your child do the same.

Child

I feel _____ .

Adult

I feel _____ .

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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