



FAMILY MEMBERS READ THIS:
Your child is learning how to identify and name his or her feelings. Practice identifying and naming feelings with your child by playing the What's My Feeling game.

What's My Feeling?

LET'S DO THIS!

Whisper a feeling word in my ear.
I will act it out.
Others can guess the feeling.

OUR FEELINGS

REMINDE YOUR CHILD THAT

- it is important to identify and name our own feelings.
- it is important to identify and name others' feelings.
- our feelings often show on our face.

Complete in class with the teacher: Practice how to play the What's My Feeling game.

- Complete at home with a family member:** Play the What's My Feeling game using the following rules:
1. One family member whispers a feeling, such as happy, sad, or scared, to the child.
 2. The child acts out the feeling for another family member.
 3. The second family member tries to guess the feeling.
 4. Play at least three rounds.