



## 2.6 FAMILY CONNECTION!

### FAMILY MEMBERS READ THIS:

Your child is learning about identifying and naming emotions and what their emotions communicate to others. Discuss with your child the emotions that he or she has felt over the course of a day. Then work with your child to create an emotions timeline that shows the range of emotions he or she has experienced.

# Emotions Timeline

## EMOTIONS AND FEELINGS

### REMEMBER THAT

- emotions and feelings are both names for the emotional and mental reactions people have to the world around them.
- the words emotions and feelings can be used interchangeably.

### LET'S DO THIS!

As a family, discuss the emotions that you experienced today. Create a timeline of your emotions throughout the day.

Create an emotions timeline by writing emotion words to describe your emotions at various points during the day.

