



FAMILY MEMBERS READ THIS:
Your child is learning words to name emotions and ways to identify emotions that are being displayed through behaviors. Use this time to discuss ways to identify emotions and to find ways to help each other deal with difficult feelings. Watch a TV show or movie with your child and discuss the emotions seen in the characters.

It's Emotional

FEELING WORDS

REMEMBER THE NEW FEELING WORDS

- angry
- fearful
- glad
- cheerful
- ready

LET'S DO THIS!

Let's watch a favorite television show or movie together. While we watch, we'll notice feeling words that the characters use and how they show those feelings. Then we'll talk about ways we can help each other when we're having difficult feelings.

Think about the feeling words and behaviors of the characters you are watching. Then think about ways you and your family members can help each other when you're feeling difficult emotions.

What feeling words did you hear the characters use?

What did the characters faces or bodies look like when they used these feeling words?
