



FAMILY MEMBERS READ THIS:

Your child is learning about verbal and non-verbal cues that people exhibit when they experience emotions. Use this time to discuss ways to identify cues that members of your family exhibit when they feel emotions and ways that family members can help each other with difficult emotions.

I've Got My Eye on Cue

FEELING WORDS

REMEMBER THE VERBAL AND NON-VERBAL CUES TO WATCH FOR:

- ☐ Face—What does the face look like?
- ☐ Words—What is being said?
- ☐ Body—What does the body look like?
- ☐ Actions—What action is happening?

LET'S DO THIS!

Let's talk about verbal and non-verbal cues our family members often use when they experience emotions. Then we'll work on ways we can help each other when we see family members display cues for difficult emotions.

Think about verbal and non-verbal cues. Have you seen your family members showing any of these cues? What can you do if you see a family member having trouble managing a difficult emotion?

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These are three verbal cues people in our family often use to show emotion.

These are three non-verbal cues people in our family often use to show emotion.

This is one way we can help each other when we see cues that a family member needs help with a difficult emotion.



FAMILY MEMBERS READ THIS:
Your child is learning about positive ways to deal with upsetting situations and emotions. Use this time with your child to talk about ways you can help each other when you're dealing with upsetting emotions and situations.

I Had a Bad Day

DEALING WITH MY FEELINGS

REMEMBER WHAT TO DO WHEN YOU FIND YOURSELF IN AN UPSETTING SITUATION:

- ☐ Stay calm.
- ☐ Explain what you're feeling.
- ☐ Tell what you need.

LET'S DO THIS!

Let's work together to write some ways we can tell each other if we're feeling something upsetting. Then we'll decide ways we can help each other deal with our challenging emotions.

Write the things that you and your family can do to help each other with upsetting emotions.

What are some things we can say to each other or do when we have upsetting feelings?
