



FAMILY MEMBERS READ THIS:

Your child is learning about identifying and naming emotions. Talk with him or her about the range of emotions you sometimes feel during the course of a day. Then work with your child to create a thumbprint drawing depicting a special family moment.

Family Thumbprints

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.
- people experience a range of emotions on any given day.

LET'S DO THIS!

With a family member, think of a special moment shared by your family. Then create a thumbprint drawing depicting your special moment.

Create a thumbprint drawing of a special family moment. Write a caption describing what your family was doing and how you felt at the time.

Caption: _____
