



#### FAMILY MEMBERS READ THIS:

Your child is learning about labeling his or her emotions and about the range of emotions different people might experience in the course of a day. Talk with your child about the emotions you experience in a day and the situations that trigger certain emotions.

# Everyday Emotions

## LET'S DO THIS!

Share your emotions thermometer with a family member. Then tell him or her about the situations that might trigger strong emotions.

### 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* are used interchangeably.
- ☐ people experience a range of emotions on any given day.

Label the emotions thermometer with a range of emotions and situations that might trigger each emotion.

