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.

2.6 Family Connection!

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.

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.

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