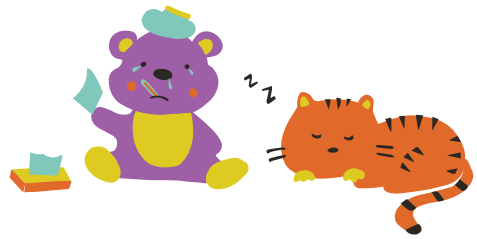


WHAT
MAKES
YOU
HAPPY?



TODAY
I FELT...



LET'S TALK ABOUT FEELINGS

- Name your child's feelings with them to help them learn to identify them.
- Use characters from songs and books to teach your child how to reflect on others' feelings.
- Show your child ways they can manage their emotions. Take a deep breath. Go for a walk.
- Talk to your child about their day to help them self-reflect on their feelings.



TALK
READ
SING