

RECOGNIZING FEELINGS

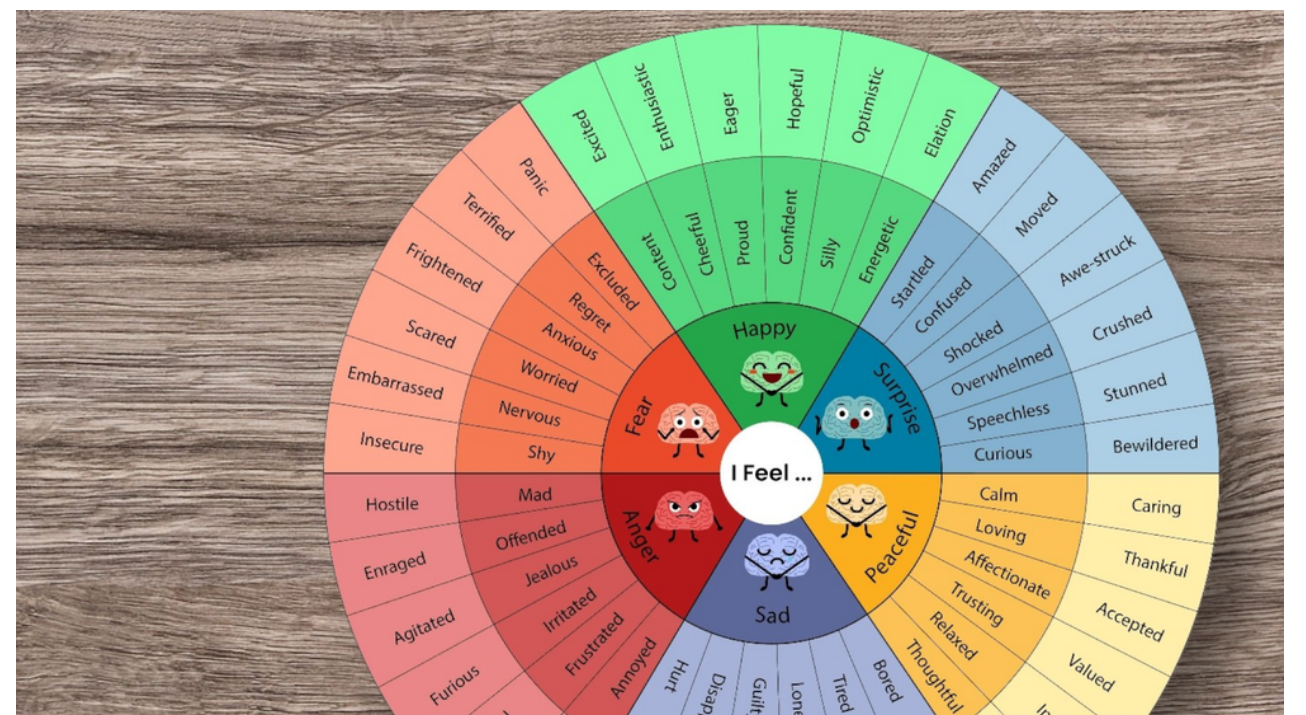


Materials:

- Printed copy of the emoji sheet (in English)
- Small round magnets (1 for each family member)
- Somewhere magnetic to hang it (i.e. fridge)

How to start:

- Have a conversation about feelings and the importance of expressing them and not keeping them inside (use the feelings wheel).
- Introduce feeling words regularly to help your TCK express themselves adequately.



Explain the chart:

- Print out the emoji chart and introduce the various emotions with examples of when they might feel that emotion, or when you have felt that specific emotion.

Put your chart up:

- Explain that with their magnet (assign a color or shape to each family member) they can tell their family how they are feeling each day, by putting the magnet on the emoji that best describes their current emotion.

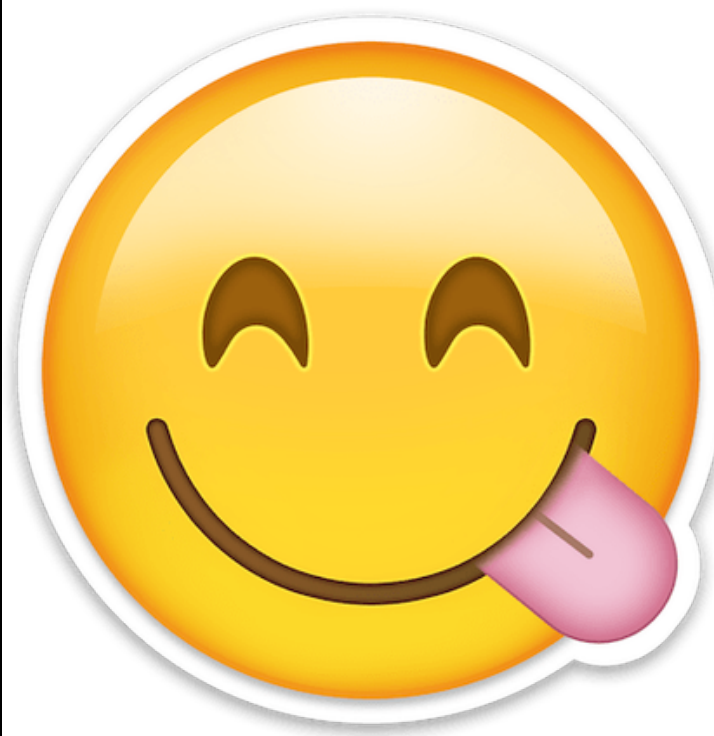


Check in

- Make sure you define your own emotion daily in order to facilitate your child's choice by your own example.
- Check in: ask if they indicated an emotion. Ask them to explain more about what they are feeling.



Disappointed



Silly



Embarrassed



Anxious



Playful



Sad



Tired



Disgusted



Worried



Curious



Joyful



Annoyed



Angry



Quiet



Happy



Surprised



Loving



Calm



Fearful



Confused

THE FEELINGS WHEEL

