

My Many Colored Days by Dr. Seuss

Help your child learn feelings words with this colorful, rhyming book.

One of our most important jobs as a parent is to help our children learn to identify and deal with emotions in healthy ways. Try the activities below to help build a foundation for your child's emotional health.

- Talk about emotions. Have a conversation with your child about a time when you experienced a strong emotion. What happened as a result? Did you talk things over with a friend? Did you cry? Did you go for a walk? Let your child know all feelings are okay, and help your child think of healthy ways to work through emotions.
- Make a face. Draw a circle on a piece of paper. Tell your child you are going to draw a face. Add facial features like mouth, nose, eyes, and eyebrows. Use these facial features to express an emotion like happiness, surprise, or sadness. Ask your child to guess how this face is feeling. Let your child draw a face. Try to guess how his face is feeling.
- Get some exercise. Physical exercise is a great way to work through emotions. The next time you get angry or frustrated; tell your child, "I am feeling _____! I am going for a walk (or bike ride or run) to help myself feel better. Do you want to come?" Both you and your child will benefit.
- Sing. Use the song "If You're Happy and You Know It" to introduce emotion words. Substitute other emotions and actions such as "If you're sad and you know it, cry a tear," "If you're angry and you know it, stomp your foot", and "If you're excited and you know it, jump up and down!"
- Visit the PBS Kids Website and explore motions with Arthur. Go to pbskids.org/Arthur/games. Click on "About Face." After you hear each story, you and your child decide how that character might be feeling.

Read More—related books

Glad Monster, Sad Monster by Ed Emberley and Anne Mirana

Lots of Feelings by Shelley Rotner

The Way I Feel by Janan Cain

Feelings by Susan Canizares

Learn More—related information

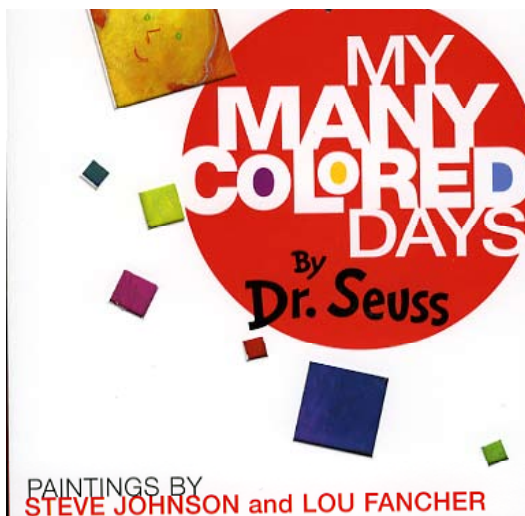
Talaris Research Institute

Born to Feel

<http://talaris.org/>

PBS Parents

<http://www.pbs.org/parents/>



View More—

related shows on WILL-TV

Barney and Friends

5/7 at 10:30

Glad to Be Me and Arts—

Barney helps Baby Bop realize that there's more to being special than the things you can do. The way you feel and the way you make others feel makes you special, too.

Dragontales

5/15 at 8:00 AM

Express Yourself—

Emmy notices how Cassie really feels about her new nickname, and helps her try out different ways to show her true feelings.