



What Is My Child Learning?

Your child is learning how to pay attention to other people's faces and bodies to figure out what they are feeling.

Why Is This Important?

Children who can identify feelings tend to get along better with others and do better in school than those who can't.

Ask your child: **Can you show me what a surprised face and body look like?** (Have your child model "surprised." Model back "surprised" for your child.)

Can you show me what a disgusted face and body look like? (Have your child model "disgusted." Model back "disgusted" for your child.)

Practice at Home

Name feelings as you, your child, or others are experiencing them. For example:

- **I'm feeling very *worried*. I need to find my coat quickly or else I'm going to be late for work.**
- **I can see by the way your lips are pressed together and your shoulders are tense that you are feeling *frustrated* that you can't get your shoes tied.**
- **I can tell by Aunt Jane's big smile that she is very *happy* you gave that picture to her!**

Activity

Have your child identify your feelings.

<p>1. Make an <i>angry</i> face for your child.</p> <ul style="list-style-type: none"> • Ask: What am I feeling? • Have your child draw your angry face and/or write the word "angry" in the box. 	
<p>2. Make a <i>surprised</i> face for your child.</p> <ul style="list-style-type: none"> • Ask: What am I feeling? • Have your child draw your surprised face and/or write the word "surprised" in the box. 	

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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