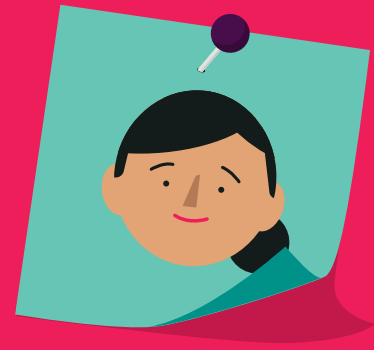


# ACTIVITY EMOTIONS CHARACTER CHART

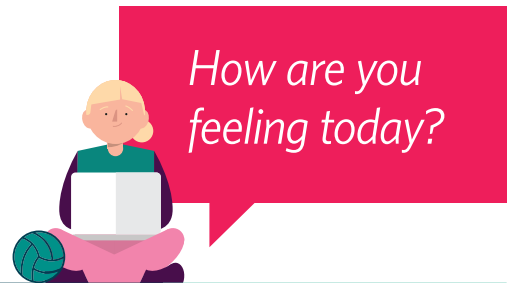


## TALKING TO KIDS ABOUT SHARING OUR FEELINGS

USING AN EMOTIONS CHARACTER CHART IS A GREAT WAY TO CHECK IN ON HOW YOUNG CHILDREN ARE FEELING, IT CAN HELP CHILDREN WHO STRUGGLE TO EXPRESS HOW THEY FEEL USING WORDS BY USING VISUAL CUES INSTEAD.

### Tips for parents:

- With your child, draw a range of expressions on a blank piece of paper – or you can use the faces below to help you get started.
- Ask your child to point to two or three of the faces that show how they felt during the day.
- Share some of the emotions you had during the day to encourage your kids to share their feelings.



|  |  |  |   |
|--|--|--|---|
| <br><b>HAPPY</b>      | <br><b>CALM</b>     | <br><b>TIRED</b>   | <br><b>GOOD</b>  |
| <br><b>SURPRISED</b>  | <br><b>SILLY</b>    | <br><b>EXCITED</b> | <br><b>PROUD</b> |
| <br><b>SAD</b>        | <br><b>CONFUSED</b> | <br><b>WORRIED</b> | <br><b>ANGRY</b> |
| <br><b>FRUSTRATED</b> | <br><b>NERVOUS</b>  | <br><b>SCARED</b>  | <br><b>LOVED</b> |