THE FAMILY CONNECTION

Activity #28 “Feelings Picture Book”

You will need:
You and your child
Pictures of people expressing feelings such as happiness and sadness
(people laughing and crying, for example) and other emotions
Magazines are a good source for pictures

Before you begin
• Cut out the pictures and paste each one on a cardboard square or index card
• Punch holes in each square and tie together with yarn or ribbon to make a
  “Feelings Picture Book.”

Try this!
• Look at the pictures with your child and talk about each one.
• Encourage your child to imitate the feeling or emotion the person in the picture is
  expressing
• Talk with your child about why the person might be laughing or crying, for
  example.
• Use “feeling” words such as angry, happy, sad or frightened.
  Label your own feelings. Tell your child some things that make you happy or
  frightened. Say, for example, “I feel so happy when you give me a big hug.” “I
  was frightened when I couldn’t find you.”
• Ask your child to tell you some things that make him happy, angry, sad or
  frightened.