



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

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