

Feelings Chart

At the end of the day, ask your child:

What happened today? What did you do? How did you feel?

What happened to make you feel that way?

Have your child draw a face in the chart and write a word describing the feeling.

Talk about your own day and how you felt as you also draw a face and write a word in the chart.



afraid



grumpy



sad



silly



excited



confused



happy



angry



disappointed



proud



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CHILD							
GROWN-UP							



If your child is feeling bad, ask: "What do you think would make you feel better?"

Child's Name _____

Grown-Up's Name _____



Dealing with Feelings

Tips for Parents and Kids

What should a kid do when he or she feels angry or sad or frustrated?

It's important for kids to express their feelings. It's also important for them not to hurt others or themselves. Have your child try some of these ideas the next time he or she feels angry.

- Use your words. Tell the person how you feel and why. Try not to yell.
- Walk away from the person or situation.
- Run or stomp or do a mad dance, when you're away from the person.
- Take deep breaths.
- Write a letter or draw a picture about how you feel.
- Take a bath or spend some time by yourself until you calm down.
- Read, play a game, or listen to some music.

Ask your child, *What else could you do that might help you feel better?*



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El manejo de las emociones

Consejos para padres e hijos

¿Qué debe hacer el niño cuando se siente enojado o triste o frustrado?

Para los niños es importante expresar sus emociones. También es importante que no lastimen a nadie, ni a sí mismos. Haga que su niño ensaye algunas de estas sugerencias la próxima vez que se sienta enojado.

- Emplea palabras. Dile a la otra persona cómo te sientes y por qué. Trata de no gritar.
- Aléjate de la persona o de la situación.
- Cuando te hayas alejado de la persona, corre, zapatea o baila con toda tu energía.
- Respira profundamente.
- Escribe una carta o haz un dibujo para representar cómo te sientes.
- Date un baño o pasa un rato solo hasta que te calmes.
- Lee, juega a algo o escucha música.

Pregúntele al niño: *“¿Qué otra cosa puedes hacer para sentirte mejor?”*



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