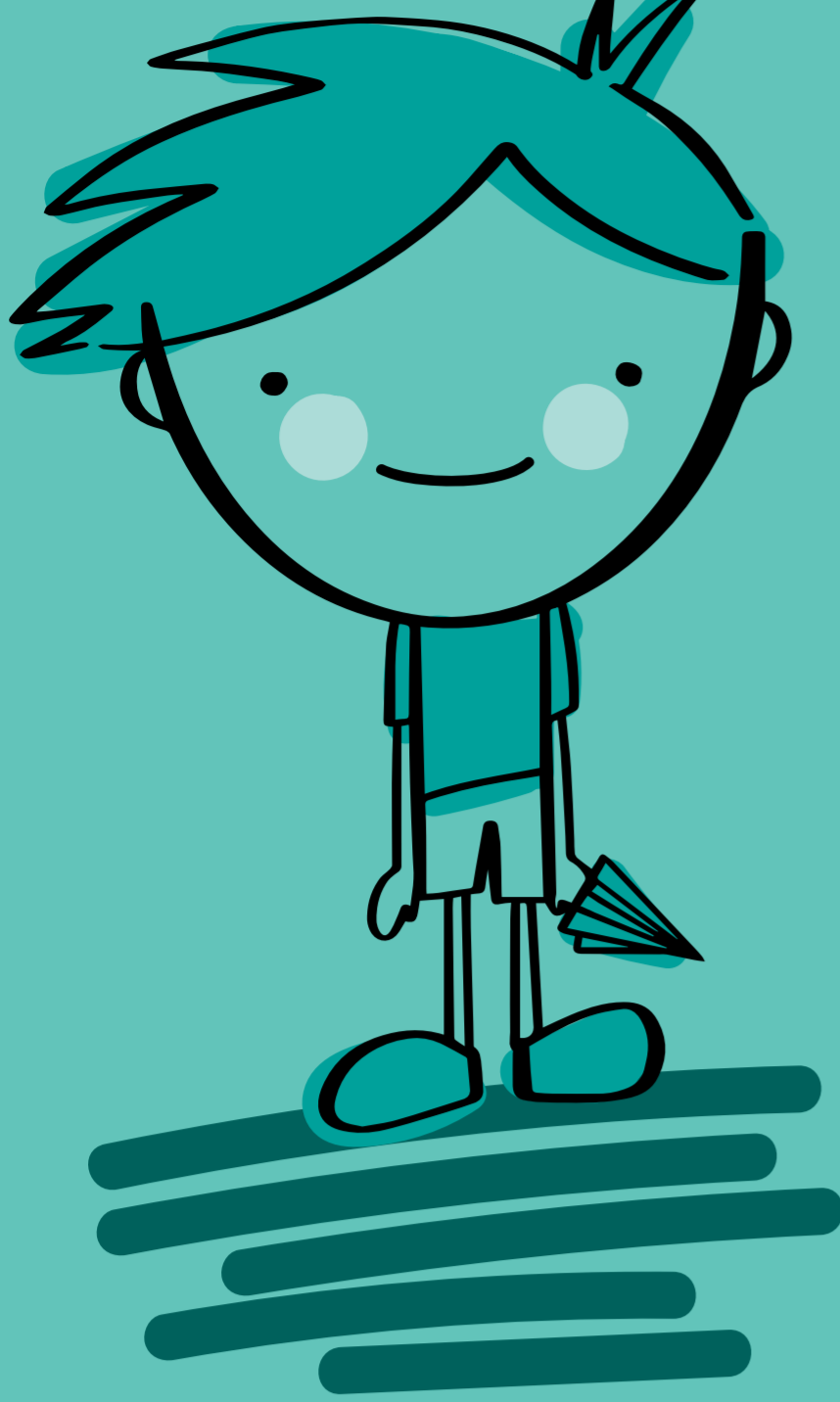


# LET'S TALK ABOUT OUR EMOTIONS!

Our response to our kids' emotions will influence how they handle their feelings. Here are some fun ways to develop your kid's emotional understanding, and increase your emotional connection as a family!

## CALM



### ASK YOUR KID

- How does it feel when you're calm?
- What can you think about or do to feel calm?



### SHARE WITH YOUR KID

- Something that makes you feel calm
- Who is a calm person you know? Talk about what you admire about him or her.



### ACTIVITY

- Close your eyes and picture yourselves at the beach. Imagine there's a gentle breeze, then imagine the wind becomes strong and furious. Talk about the difference between the gentle breeze and the strong wind.

## HAPPY



### ASK YOUR KID

- What makes you feel happy?
- What do you enjoy doing when you feel happy?
- Happiness helps us feel thankful for what we have. What are you thankful for today?



### SHARE WITH YOUR KID

- Something about him or her that makes you feel happy



### ACTIVITY

- Send a happy text message to a family member or friend. What would you write and which emoticon would you use?



## NERVOUS



### ASK YOUR KID

- How does your body feel when you're nervous? Jumpy heart, clammy hands, or clenched teeth?
- What does this emotion make you feel like doing?



### SHARE WITH YOUR KID

- A time you felt nervous and what helped you feel better



### ACTIVITY

- Let's draw this emotion out. What do you think it looks like? What colours would you choose?
- Plan a before and after-learning time routine together. Having a routine can help your kid feel less stressed and nervous, so he or she can expect what will happen next.



## ANGRY



### ASK YOUR KID

- What makes you feel angry?
- Anger can help us identify problems; for instance, when we see people litter. What problem is your anger pointing out to you?



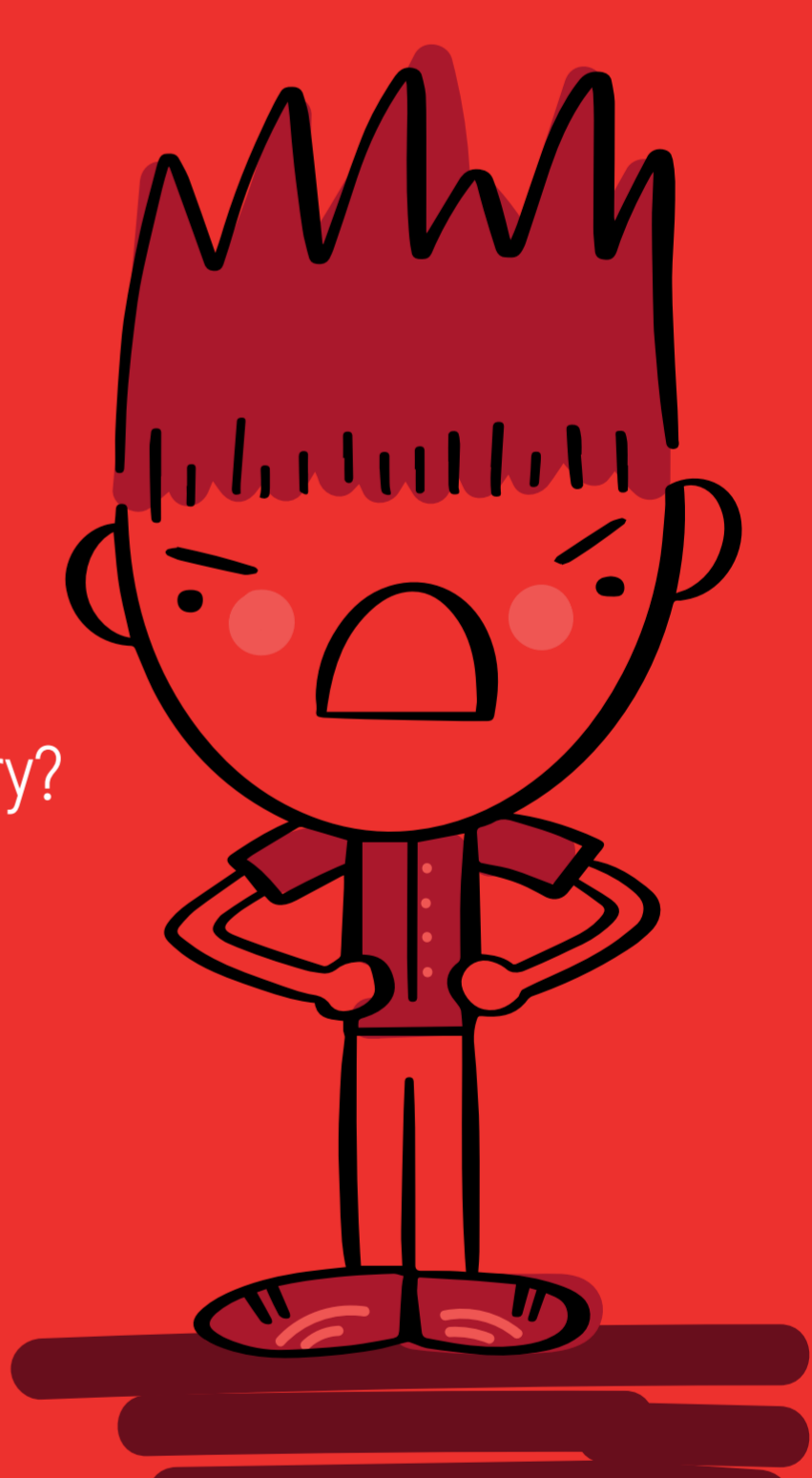
### SHARE WITH YOUR KID

- What happened when you made someone angry? Talk about how you handled that situation.



### ACTIVITY

- Let's act this emotion out. What does anger look like in person? A roaring dinosaur or a grumpy bear?
- Make a Calm Down kit filled with a few of your kid's favourite activities like a story book, colouring pages or even some playdough.

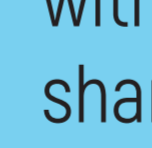


## SAD



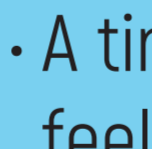
### ASK YOUR KID

- How does sadness feel to you? A heavy blanket or a dark room?
- Sadness helps us know that something matters a lot to us. It also helps us connect with people we trust. Who do you want to share this sadness with?



### SHARE WITH YOUR KID

- A time you felt sad and what helped you feel better



### ACTIVITY

- Let's pretend Sadness is a person and he comes over for a meal. What can we do or say to help Sadness?
- Start a parent-child journal and take turns to write your thoughts in it.



## EXCITED



### ASK YOUR KID

- Excitement helps us to look forward or plan for a fun event. What can you do when you're excited?



### SHARE WITH YOUR KID

- What made you feel excited? What did you feel motivated to do?



### ACTIVITY

- Turn on the music and do a silly dance together!
- Let's pretend we're going camping. Let's write down a list of things to bring!

