



Help your child explore emotions with these activities picked just for you!

If you're happy and you know it: Help your child recognize things that make them feel happy! Maybe their pet, their sibling, a certain kind of candy, a favorite book, basically anything they can think of! Help them find a picture of these items or draw them. Next, draw a large outline of a heart and help your child glue their pictures until the heart is totally filled in. If your child is sad or angry, they can look at all of their pictures and remember what can make them happy again!

If you're angry and you know it: Everyone gets angry sometimes and that it okay, as long as they know how to express it! Many times, when a toddler or preschooler gets angry, they will take it out on others by pushing, hitting or biting. Model for your child ways to show anger by not hurting others. If they are angry and want to hit, tell them to clap their hands together and squeeze really hard! If they want to bite, tell them to take a deep breath and “catch a bubble” by holding in the breath and filling their cheeks up as big as they get! Then, “let the bubble go” by blowing out all of the air trapped in their cheeks. This action could actually cause them to start laughing and make them forget about biting!

If you're sad and you know it: Sadness is a difficult emotion for a toddler/preschooler to process and it is beneficial to teach them early on that when they are sad, they should talk to someone about their feelings. If you see your child exhibiting sadness, such as are crying for what seems like no reason or being disengaged with activities they usually love to do, say to your child, “I think you are sad” and tell them what they are doing to make you believe that. Once you've identified their feelings, hold them and encourage them to tell you in any way they can what they are feeling. Bring some lightness back to them by asking, “what can we do to turn that frown upside down?” and show them using your own mouth/lips how to take a frown and make it into a smile! They may just want a big hug or to read their favorite story or even want some time alone. Any of these are sure to bring a smile back to their face!



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