
How Do I Feel?

— Express Yourself —



Are You Sad/Angry

Let's tell someone and feel better



How is your mood weather today?

- Draw how do you feel.
 - Then think about why do you feel like that.
 - Tell me how can I make you feel better.
 - Use your words to express your feelings.
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Are you scared?

It's okay to feel scared. Let's share with someone you love.



- Sometimes we all feel scared.
 - Please find a person you love. Tell him/her why are you scared.
 - Think carefully what is it that scares you.? Think how can you be brave to fight the fear.
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Some Pointers:



...s activity is not work related. This activity is to help the children identify their emotional state.

So please keep in mind, if your child is not ready to express his/her emotions, give him/her some extra time.

If your child had an emotional meltdown try practicing deep breathing to feel calmer.

