

Mindful of Feelings

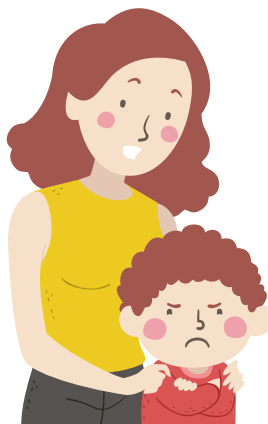
Feelings can be complicated. We often feel more than one feeling at a time and that can be difficult for kids to express. Explore the emotions cards with your child and have them tell you how they interpret each face. There are blank faces included for your child to draw any additional feelings of their own. Remind your child that ALL feelings are okay to have, and some feelings are more difficult than others.

What to do with your feelings cards:

Place the feelings cards in an accessible area. Sometimes emotions are so overwhelming that it becomes difficult to speak. Simply ask your child to point to how they're feeling, then validate the feeling and support them as they work through it.

Play feelings charades. Choose a card and act out the feeling until your partner guesses the answer. Talk about a time you felt that way. Use the cards to start discussions about dealing with difficult feelings. Talk about the fact that we show feelings on our faces and with our body language some of the time, but we always feel them inside (Example: "I was mad when someone at school called me a name. My heart was beating fast, I felt my face get hot, and my muscles in my hands and jaw got tight"). This can lead to discussions about appropriate ways to respond to feelings, and how breathing can help us be less reactive.

Don't forget to model your own feelings and how you respond to them!





Happy

The Mindful Space



Sad

The Mindful Space



Angry

The Mindful Space



Nervous

The Mindful Space



Calm

The Mindful Space



Silly

The Mindful Space



Scared

The Mindful Space



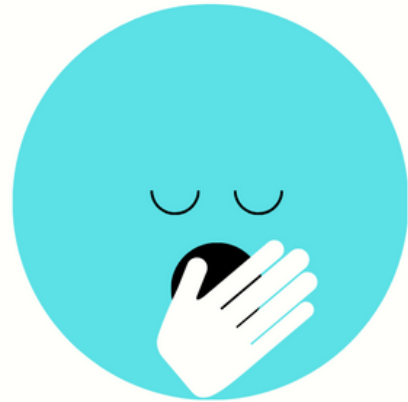
Excited

The Mindful Space



Embarrassed

The Mindful Space



Tired

The Mindful Space



Sick

The Mindful Space



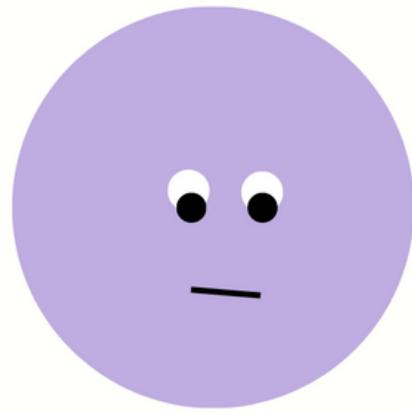
Frustrated

The Mindful Space



Content

The Mindful Space



Shy

The Mindful Space



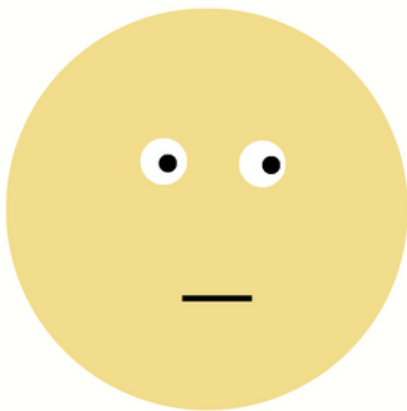
Confused

The Mindful Space



Disappointed

The Mindful Space



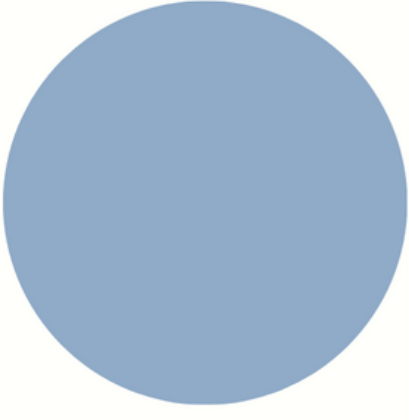
Overwhelmed

The Mindful Space



Surprised

The Mindful Space



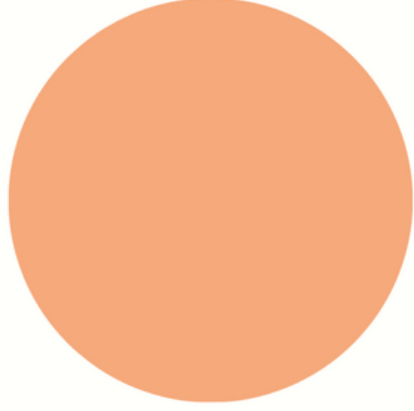
 The Mindful Space



 The Mindful Space



 The Mindful Space



 The Mindful Space



 The Mindful Space



 The Mindful Space