

HEY PARENTS! REMEMBER...

**FEELINGS AREN'T "GOOD" OR "BAD".
EVERYONE HAS THEM.**

**WHAT WE "DO" WITH OUR FEELINGS
IS WHAT MATTERS.**



**USE THE CARDS BELOW FOR YOUR OWN FAMILY FUN!
HERE ARE A FEW QUESTIONS TO GET YOU STARTED:**

How did you feel when _____? (place toy on card)

Which feelings did you have today? (place toys cards)

How big was that feeling for you? (use small toys to indicate amount)

Which one feels the best for your body? The worst?

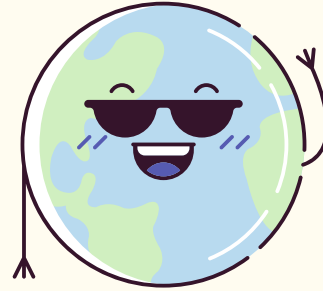
**HOW ARE
YOU
FEELING?**

I FEEL



EXCITED

I FEEL



COOL

I FEEL



PROUD

I FEEL



PLAYFUL

I FEEL



SURPRISED

I FEEL



CONFUSED

I FEEL



SCARED

I FEEL



WORRIED

I FEEL



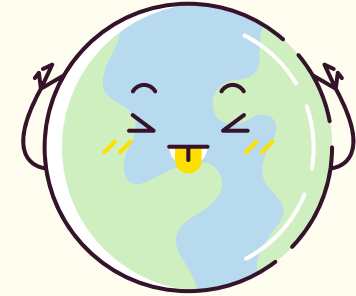
LOVED

I FEEL



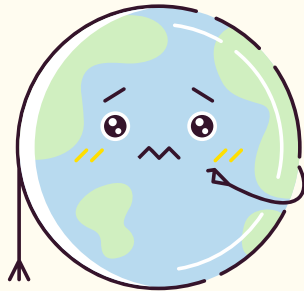
SAD

I FEEL



SILLY

I FEEL



SICK

I FEEL



ANGRY

I FEEL



SLEEPY

I FEEL