



FIVE FOR FAMILIES IDEA

Use Books to Explore Feelings

Books and stories can teach children a lot about feelings, whether it's a picture book or a story you make up on your own. Plus, cuddling with your kids during story time also helps children feel connected and valued.

Label feelings: Help children identify the expressions of characters, such as smiles, a scrunched face or tears and connect them to the names of emotions—happiness, anger, sadness.

Practice responding to other's feelings: “What would you say if your friend lost his toy?”

Take another's perspective: Help your child put themselves in the place of the character. “How does the girl feel when her mom comes home?”

Talk about character traits with older kids: Discuss ways that the characters show kindness, foolishness or persistence.