

Feelings

WHAT YOUR CHILD WILL LEARN:

- Recognise how they are feeling
- Name how they are feeling
- Appropriately express how they are feeling



WHY IS THIS IMPORTANT?

Children experience the same range of feelings as adults. Teaching children feelings helps children learn that it's normal to feel a whole range of emotions. Helping your child understand their feelings helps them to feel safe and understood.

When children can identify, name and express their feelings, it helps them to manage strong emotions, solve problems, handle challenges, and speak up when something doesn't feel right.

WHAT YOU CAN DO AT HOME AND PLAYGROUP:

Learning happens best through play, modelling, and routine, including conversations, books, games, songs and looking for teachable moments.

Use *simple words* and *real-life examples*. Talk about feelings in everyday conversations in ways that connect to daily life.

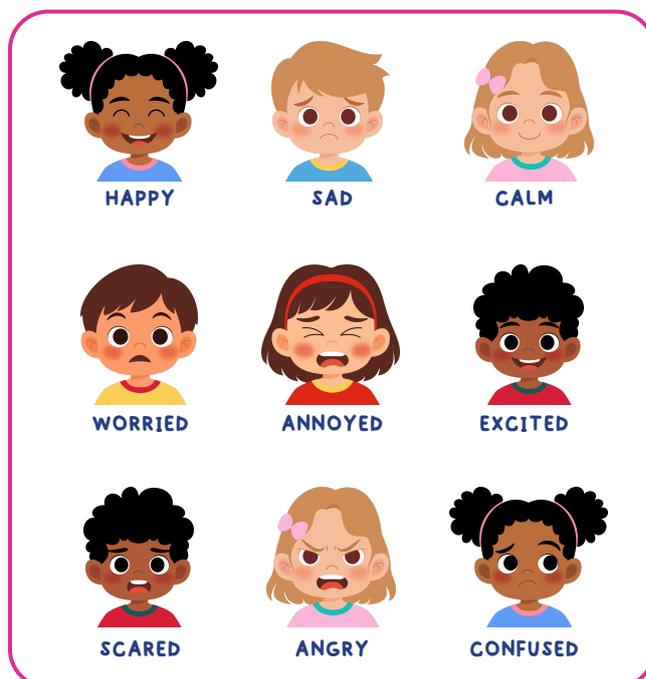
- **Show your child how to talk about feelings by using "I feel..." sentences**

For example: "I feel frustrated when I have to pack away the toys by myself."

- **Help your child name their feelings when they happen**

For example: "You look sad – are you feeling upset because we had to leave the park?"

- **Talk about lots of different feelings, not just happy or sad.** This helps your child build a big feelings vocabulary.





GAMES & ACTIVITIES:

- **Feeling faces with playdough:** [printable playdough mats](#)
- **Feeling faces with paper plates:** [printable facial features to cut out and make feeling faces](#)
- **Feeling cards:** [free feeling cards](#)
- **Guess that Feeling Game:** watch [Daniel Morcombe Foundation Safety School - Feelings](#) video and then play it with your child
- **Use feeling words** when playing with dolls or puppets
- **Use mirrors** to practice making different feeling faces. E.g. "show me your sad face", "show me your proud face" etc. This can be done whilst brushing their teeth or getting dressed!
- **Paint/draw** how you are feeling
- **Make puppets** with different feelings



SONGS:

Songs and play are a fun way to help little ones build emotional literacy through learning to name, understand and express their feelings.

♪ If you're happy and you know it... clap your hands! ♪ Try changing each verse to a different feeling. For example:

- "if you're **angry** and you know it **stomp your feet**"
- "if your **excited** and you know it **jump up high**"
- "if your **frustrated** and you know it **take a breath**"
- "if your **scared** and you know it **tell someone**"
- Try make some others up with your child!

♪ [Sing along to our Feelings Song](#)

♪ Here's another great song to sign and sing along to at home: [Daniel Morcombe Foundation song](#).



BOOKS:

- **When I'm Feeling series:** Tracey Moroney
- **Tough Guys Have Feelings Too:** Keith Negley
- **The Way I Feel:** Janan Cain
- **The Colour Monster:** Anna Llenas
- **How Do You Feel:** Anthony Browne



HELPFUL TIP:

You can use most books to talk about feelings. Most books have situations where you can ask "how do you think the character is feeling", "what do you think the character could do", "who could they ask for help?", "when is a time you felt that way?", "who did you ask for help?".