Small children have big feelings! When children are able to identify and name their feelings, it can help them learn how to respond to their emotions and build their social-emotional skills. With your child, go on a "Feelings Scavenger Hunt" and talk about each emotion! What does each emotion feel like? What should we do when we feel angry or sad? #LetsTalkTogether.

- Hug someone you love!
- A book that makes you smile
- Make a sad face
- Make an angry face
- A toy that makes you feel calm
- What song makes you happy?

On the other side, draw a picture of what different feelings look like!