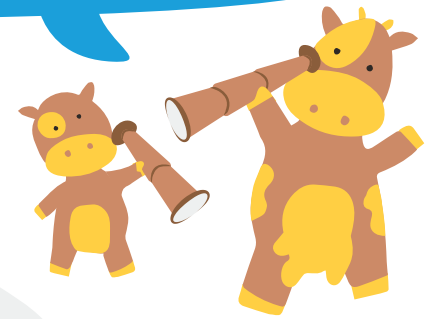


LET'S TALK ABOUT WORRIES

SCAVENGER HUNT

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!