Learning Our Emotions

October 2020

Books listed below are available in e-book or regular book format for pick up at your local library.

Young children often need help naming, expressing, and understanding their emotions. The activities below provide useful ways to start conversations with your child to help them learn about and express their feelings in healthy ways.

1. **Act It Out:** Children often work through their biggest feelings while pretending. Fill a box with clothing you no longer wear (i.e. t-shirts, shoes and hats), along with other props, such as wooden spoons, pillowcases, and paper-towel rolls. As children play and create their own imaginary world, ask, “How does this character feel? Why are they feeling _____?”

2. **Share Emotions:** Children are more likely to share emotions if they see grown-ups doing it too. During mealtime, go around the table and share one thing you did and one emotion you felt that day. When we name emotions, children learn to do the same.

3. **Build on Books:** Use books as a way to demonstrate big feelings. While reading, stop to ask your child, “How does this character feel? Why do you think they feel this way? Have you ever felt that way?”

4. **Heart to Art:** Art is a helpful tool to express or talk about emotions. Ask your child, “Can you draw a happy thing that happened today?” Or if your child shows you their artwork, you can say, “Tell me how this character is feeling,” or, “This drawing reminds me of a time when I felt _____.

### Monthly Activity

**Expressing Emotions**

1. **Ruby Finds a Worry**
   - By Tom Percival

2. **How Do You Feel?**
   - Cómo te sientes?
   - By Anthony Browne

3. **The Happy Book**
   - By Andy Rash

4. **When Sadness is at your Door**
   - By Eva Eland

5. **The Rabbit Listened**
   - By Cori Doerrfeld

6. **Today I Feel Silly**
   - Hoy me siento tonta
   - By Jamie Lee Curtis

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- **Today I Feel Silly/Hoy me siento tonta**
  - By Jamie Lee Curtis

### Monthly Family Reading Tip

Try reading to your child with a tone of voice that represents the feeling of the story (i.e. scary, silly, excited) and/or use different voices for the characters. Not only will this keep your child entertained and engaged, but it is also one of the best ways to help your child understand what you’re reading. By reading with feeling and tone that matches the words’ being read, children can build stronger reading comprehension skills.

Start a love of reading, one book at a time!