



Feelings Tic-Tac-Toe

Know and show your feelings with a game of tic-tac-toe. Put an "X" or an "O" on any box that says something you've done. Mark a box any time, and try to get three in a row. (Grown-ups can play, too!)

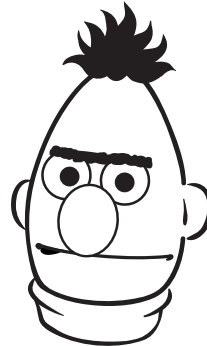
<p>Name a feeling you had today. What was happening when you felt it?</p>	<p>I had a big feeling and tried hugging it out.</p>	<p>I named a feeling someone else had today.</p>
<p>I talked to a grown-up about how I was feeling.</p>	<p>I took deep breaths when I had a big feeling.</p>	<p>Talk about a time when you felt really happy. How did you show it?</p>
<p>Talk about when you might feel frustrated. What can you do to help?</p>	<p>Act out what it's like to feel grouchy.</p>	<p>Act out what it's like to feel excited.</p>

Feeling Faces

Use the Feeling Faces as a tool to help children label and express their feelings. You may encourage children to color in each feeling face as well!



furious



mad



miserable



ecstatic



frustrated



happy



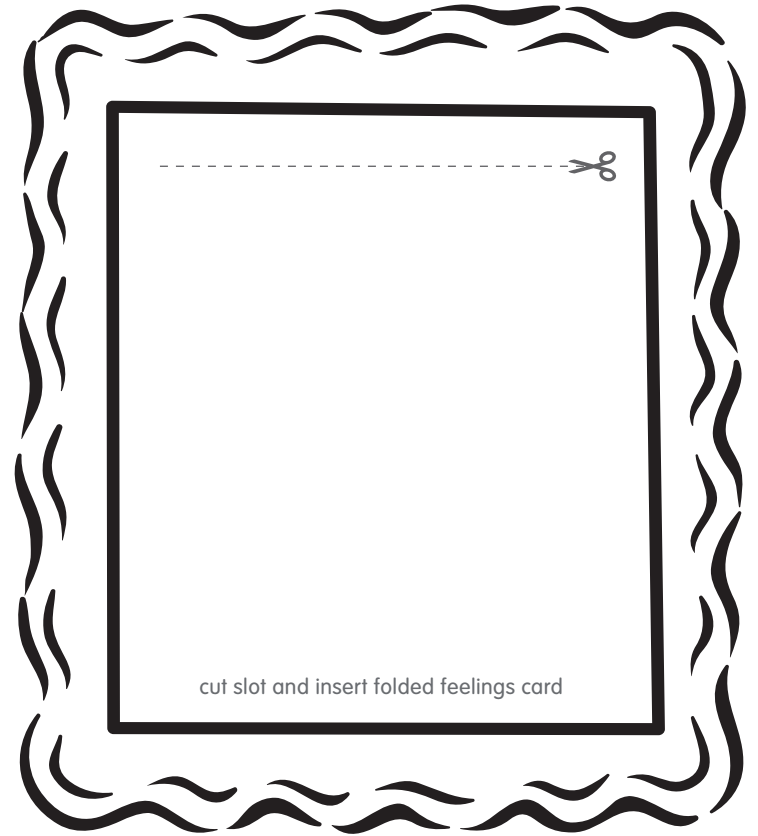
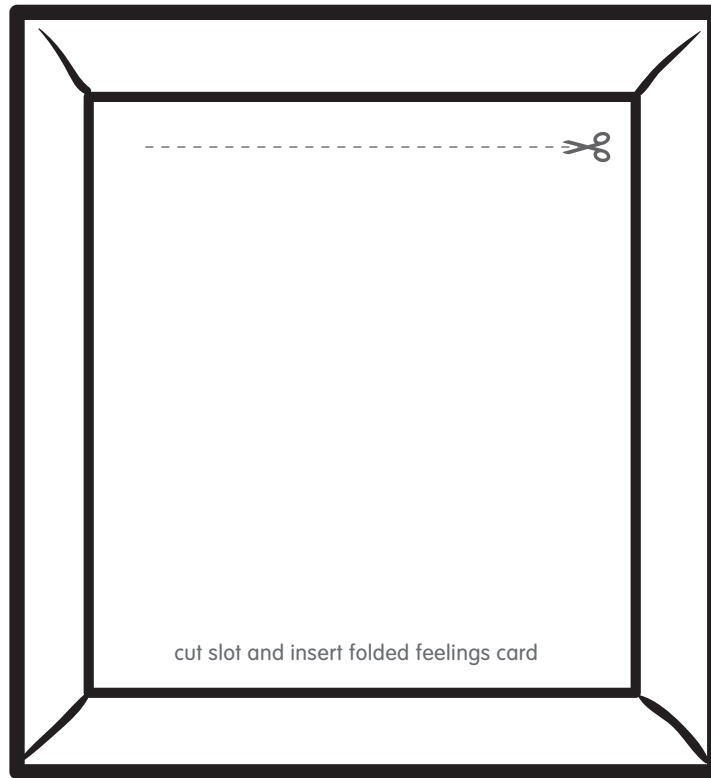
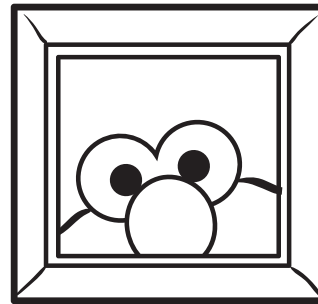
thrilled



sad

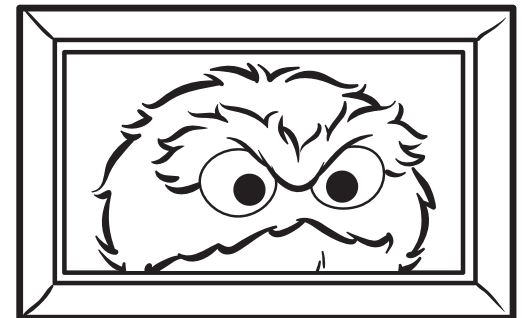
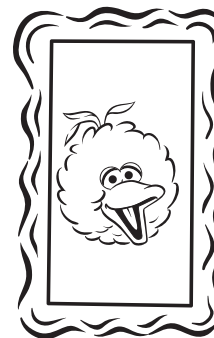


disappointed


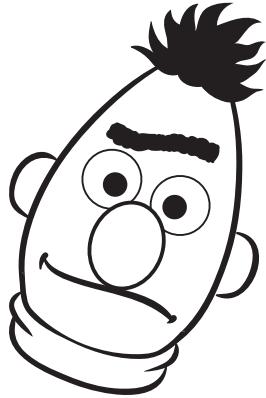



How Am I Feeling?

Express yourself! This poster can help you name, show, and talk about your feelings anytime.



How Am I Feeling?

 <p>Angry</p>	 <p>Upset</p>	 <p>Sad</p>

How Am I
Feeling?



Happy



Affectionate



Thrilled

Act-Along Story

When you read each bolded action word or phrase, encourage children to participate by acting out the movement along with you.



Elmo **jumps** up and down. He is so excited! Today is the day he gets to take care of the class hamster, Spotty. When it is time,



Elmo **pets** and **feeds** him. Elmo **pulls** him out of his cage and puts him on the ground. Spotty **runs** through the room. Spotty **runs**

around a corner. Spotty does not come back. Elmo **feels frustrated!** Elmo has a problem. Elmo needs to find Spotty. First,

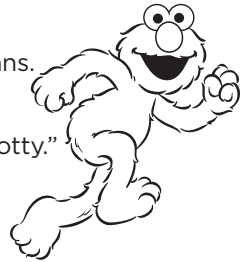


Elmo takes **three slow, deep breaths**. Then Elmo **thinks**, “What’s Elmo’s problem? Elmo’s problem is that he lost

Spotty.” Then Elmo thinks, “What are some plans Elmo can use to find Spotty?” Elmo comes up with three plans.

“Elmo can chase after Spotty,” he **thinks**. “Elmo can call for Spotty,” or, “Elmo can put out some food for Spotty.”

Now it’s time for Elmo to do something. It’s time for him to try a plan. Elmo is determined. He will try and try until he finds



Spotty. Elmo decides to call for Spotty, but Spotty does not come. “That plan did not work,” says Elmo. Elmo is persistent. He tries again.



Elmo decides to chase after Spotty. Elmo **looks** in each room. He **looks** under a table, he **climbs**



over a chair. Elmo can’t find Spotty. That plan did not work, either. Elmo goes back to the cage and fills a bowl full of

Spotty’s favorite food. Spotty comes back! He **runs** right to Elmo. “It worked!” says



Elmo, **jumping** up and down. Elmo is **ecstatic!** Hooray!

Talking About Feelings

Elmo knows he can talk to Daddy about his feelings, no matter what they are.



Who are some grown-ups you can talk to about your feelings?
Write their names here.
