**Talk About Feelings**

1. **Gather several pictures of people expressing a variety of emotions. You may use photos of children  or family members. You may also cut out pictures from magazines and glue them to card stock.**
2. **Talk with the children about the different emotions everyone experiences sometimes, e.g., happy, sad, angry, scared, and surprised. Look at the pictures together and discuss how the people in them might be feeling.**

**"What do we see in this picture? Yes, the boy is crying while his mommy puts a bandage on his knee. How do you think he's feeling?"**

1. **Invite the children to describe how to tell if a person is happy, sad, or angry.**

**"I can tell you are angry when you wrinkle your forehead like this, your mouth is turned down like this, and you squint your eyes like this. How can you tell that the girl in the picture is angry?"**

**Discuss in more detail the feelings of the people in  photos (books, magazines, your family photos, etc). Encourage your child to think about the causes of those feelings.**

ie. "Persis, you noticed the brother laughing. Why do you think he's so happy?"

**Use the photos to talk about the different feelings people could have about the same situation.**

"In this picture, the little boy looks excited because he scored a goal in soccer. I wonder how the children on the other team feel about that."