

Building Mental Wellness

Exploring Emotions and How They Make Us Feel

Did you know:

We often express our feelings with our actions, even when we don't know it!

- Reinforce the idea that what we choose to do with our feelings is very important.
- When we're angry we can choose to stomp our feet and yell. Or, we can choose to calm down, have a drink of water and some quiet time or talk to a grown up.
- With your child sing the song "If You're Happy and You Know It..." and think of as many different actions as you can to describe various feelings.
- For example, if you're angry...stomp your feet; if you're sad...have a cry, if you're scared...hide and shake; if you're brave... stand up tall, etc.

If you're happy and you know it...!

"If you're happy and you know it, clap your hands..."

If you're sad and you know it, talk to a friend...

If you're angry and you know it, take calm breaths...."



- **Make it a game:** Ask your child to give a thumbs up if they think the action is a healthy way to express the feeling (eg., giving someone a hug when we are happy), and a thumbs down if the action is not productive (eg., being loud when we are angry).



Feelings! What We Choose To Do Is Important!

- Use the following chart to list the actions you and your child came up with for each feeling.
- Encourage your child to come up with as many 'thumbs up' ideas as they can.

FEELINGS		
HAPPY		
SAD		
WORRIED		
MAD		