

Feelings


Parental Notes:

Look at the slideshow with your child and discuss the feelings you both see. Use your child's preferred communication system (PODD, iPad etc.) to get them to match the feelings they see in the pictures.

Talk about what might situations make your child feel this way.

Discuss what you can do if you are feeling sad or angry to help get over the negative feeling – it might be taking deep breaths or squeezing a pillow or cushion, or going for a fast walk or run.

Talk about how negative feelings only last a short time and that they will pass.

A diverse group of cartoon children with various expressions of happiness, sadness, and surprise. The children are of different ethnicities and are shown from the chest up. The background is a simple blue sky with white clouds and a green ground. The title 'Feelings and Emotions' is written in large, white, bubbly letters with a blue outline, centered over the group of children.

Feelings and Emotions

Feelings



happy



sad



scared



angry

Feelings

How do these children feel?

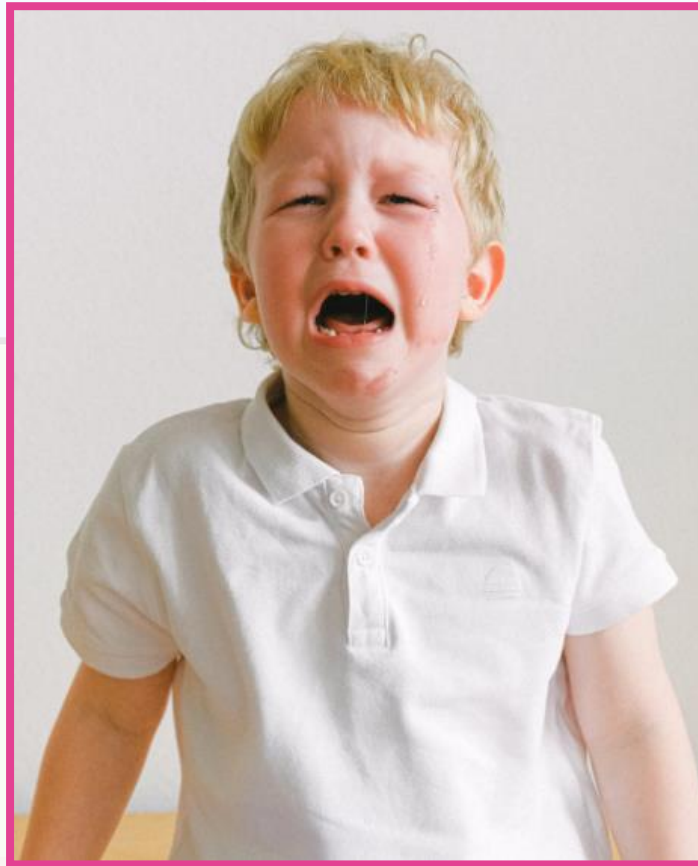


Why do you think they feel like this?

What makes you feel happy?

Feelings

How does this boy feel?



Why do you think he feels like this?

What cheers you up when you feel sad?

Feelings

How does this girl feel?



Why do you think she feels like this?

What is another word for happy?

Feelings

How does this boy feel?



Why do you think he feels like this?

What cheers you up when you feel sad?

Feelings

How does this girl feel?



Why do you think she feels like this?

What is another word for angry?

Feelings

How does this girl feel?



Why do you think she feels like this?

What is another word for sad?

Feelings

How does this boy feel?



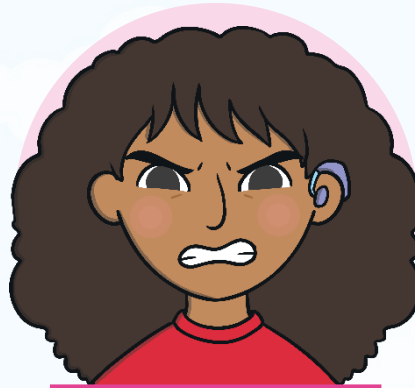
Why do you think he feels like this?

What makes you feel happy?

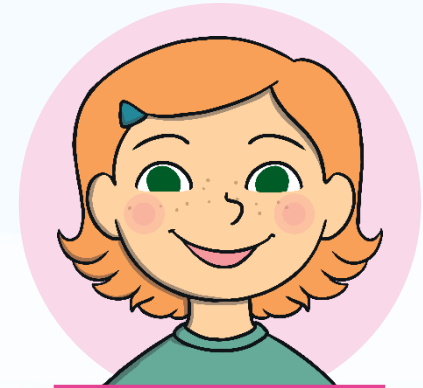
Feelings



shocked



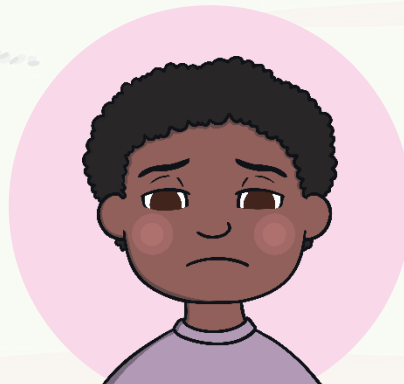
angry



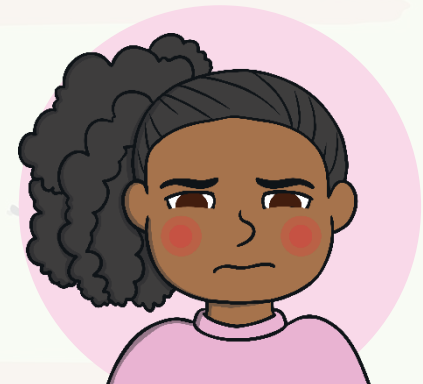
happy



tired



sad



embarrassed

