



## THE FAMILY CONNECTION

### Activity #28 “Feelings Picture Book”

**You will need:** You and your child  
Pictures of people expressing feelings such as happiness and sadness (people laughing and crying, for example) and other emotions  
Magazines are a good source for pictures

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#### Before you begin

- Cut out the pictures and paste each one on a cardboard square or index card
- Punch holes in each square and tie together with yarn or ribbon to make a “Feelings Picture Book.”

#### Try this!

- Look at the pictures with your child and talk about each one.
- Encourage your child to imitate the feeling or emotion the person in the picture is expressing
- Talk with your child about why the person might be laughing or crying, for example.
- Use “feeling” words such as angry, happy, sad or frightened.

Label your own feelings. Tell your child some things that make you happy or frightened. Say, for example, “I feel so happy when you give me a big hug.” “I was frightened when I couldn’t find you.”

- Ask your child to tell you some things that make him happy, angry, sad or frightened.

