

## How to Use 'Feelings Faces' - Parents

Children usually know some feelings words, but often don't realise how many feelings there are. Children manage their feelings better if they know how to talk about them. This takes practice and needs lots of help from parents. The suggested games help children learn words to talk about their feelings. Feel free to make up your own games too!

- ❖ Say a feeling word (use 'Feeling Words' if you like) and ask your child to point to a face that looks like the word. Be positive about your child's choice, even if it's not quite right, and then show which one you would choose. Remember there are different ways and words to talk about feelings.
- ❖ Point to a face and ask your child to tell you what he thinks the feeling is.
- ❖ Ask your child to point to some 'good' feelings or some feelings that 'don't feel good'.
- ❖ Ask your child to point to a face that shows how he feels right now.
- ❖ Ask your child to tell you about a time when he felt like one of the 'Feeling Faces' or 'Feeling Words'. You can take turns doing this, too.
- ❖ Ask your child to show you a feeling using their own face. Ask your child to say what it feels like, and then you can try to name it. Take turns doing this.
- ❖ When your child shows a feeling, ask him to say which 'Feeling Face' fits his feeling best. Use 'Feeling Words' to find the best word for it. You can also ask which feeling face and word best fits with how your child would like to feel instead.
- ❖ Ask yourself: "What could help him feel better?", Sometimes there isn't much that can be done to change things immediately, but simply talking about feelings can help.