

Care for Kids Caregiver Newsletter

Lesson 2: Feelings

Lesson Messages

- Everyone has all kinds of feelings.
- When we are not sure what we're feeling, we call that "mixed-up" or "confused."
- We can ask an adult for help when we have questions about how we feel.

Useful Books

- For children: *How Are You Peeling?*, by Saxton Freymann and Joost Eiffers, and *On Monday When it Rained*, by Cheryl Kachenmeister
- For caregivers: *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, by Adele Faber & Elaine Mazlish

What we learn in this lesson

We learn all about feelings in this lesson! We learn words to describe our feelings, including the words "mixed up" and "confused," which means having more than one feeling at the same time or not being sure about a feeling. We explore how our feelings feel in our bodies and which feelings make us dance and smile and which feelings make us hang our heads or frown. This is important so that we can tell or show others what we are feeling about something. And if we understand how we are feeling and have the words to identify it, even if it is mixed up or confused, we can more easily ask one of our helping adults to help us. Also, understanding how we feel is the beginning of learning to have empathy for others. Having empathy for others means being able to share the same feelings as another person or putting ourselves in their shoes and understanding what they are feeling. We then read a book about feelings and participate in an activity.



Things you can discuss with your child

"What are some new feelings words you have learned lately?"

"Let's name all the feelings we know, and show how our faces look when we feel this way."

"What can you do if you feel mixed up or confused?"

"Who could you talk to about feelings?"

"Did you ever think of drawing your feelings?"

"What if we dance out some feelings?"

"Can you act out the feelings of your favorite movie character?"

Questions?

If at any point you have any questions or concerns about Care for Kids, please contact the Care for Kids Team at:

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