How Are You Feeling?

People often say, "How are you?" to each other and expect a response. But how do children know how they are? Learning how you feel is something that needs to be taught and recognized through experience. Children need to be taught the words that label feelings, and how to handle what they feel. It is best to start with basic feelings such as sad, mad, and happy. Children should be introduced to feelings like frustrated, proud, and annoyed, but they are harder concepts to understand until they are about five years old.

There are ways to teach feelings through play that will help your child be able to get along well with others. You can read books together and point out feelings on the character’s faces, or by the words they are saying. You can have your child act out feelings by saying things like, “How would you feel if your friend grabbed a toy from you?” Have him show you how he would feel with his facial expression, words, and actions. Discuss if that is the best response. You can also point out how people are feeling as you watch TV or movies, or play video games.

Using "I" messages can be very powerful. Teaching your child to say, “I feel......” will help them express themselves effectively. Feelings are an important skill for children to learn. How are you feeling?

More books about feelings...

- **Yoko**, by Rosemary Wells
- **When Sophie Gets Angry---Really, Really Angry...**, by Molly Bang
- **It’s Okay to Be Different**, by Todd Parr
- **Today I Feel Silly: and Other Moods That Make My Day**, by Jamie Lee Curtis
- **I Was So Mad**, by Mercer Mayer
- **Words Are Not For Hurting**, by Elizabeth Verdick
- **Zero**, by Kathryn Otoshi
- **I Like Myself**, by Karen Beaumont
- **Llama Llama Mad at Mama**, by Anna Dewdney
- **The Kissing Hand**, by Audrey Penn
- **No, David!**, by David Shannon

Featured Book

**Leo the Late Bloomer**, by Robert Kraus

Leo is a little slow at doing things that a tiger cub his age should be doing. Should his parents be worried? Leo’s mom knows that eventually he will catch up with the other cubs. But when will that be, and how will his family deal with it while they are waiting?
More fun with *Leo the Late Bloomer*...

**Feelings chart**... Feelings are a hard thing for young children to identify. If you make a chart that shows what different feelings look like, your child can point to the pictures to show you how he/she feels. You can make a chart by taking photos of your child making a sad or happy face, etc.; having your child draw pictures of faces; or print a chart from the Internet. This is a good website to use: [www.vanderbilt.edu/csefel/modules/2006/feelingchart.pdf](http://www.vanderbilt.edu/csefel/modules/2006/feelingchart.pdf)

**Tech time**... The Center on the Social Emotional Foundations for Early Learning has some excellent family resources. There are short articles about teaching your child about feelings, what to do with biters, teaching your child to be independent, etc. [http://csefel.vanderbilt.edu/resources/family.html](http://csefel.vanderbilt.edu/resources/family.html)

Check out the website for some great teaching tools.

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**Nursery Rhyme**

**The North Wind Doth Blow**

The north wind doth blow,
And we shall have snow,
And what will poor robin do then?
Poor thing.
He'll sit in a barn,
And keep himself warm,
And hide his head under his wing.
Poor thing.

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**Song to Sing...**

**If You’re Happy and You Know It**

If you’re happy and you know it,
clap your hands (clap clap)
If you’re happy and you know it,
clap your hands (clap clap)
If you’re happy and you know it,
then your face will surely show it
If you’re happy and you know it,
clap your hands. (clap clap)

If you’re happy and you know it,
stomp your feet (stomp stomp)
If you’re happy and you know it,
stomp your feet (stomp stomp)
If you’re happy and you know it,
then your face will surely show it
If you’re happy and you know it,
stomp your feet. (stomp stomp)

If you’re happy and you know it,
shout “Hurray!” (hoo-ray!)
If you’re happy and you know it,
shout “Hurray!” (hoo-ray!)
If you’re happy and you know it,
then your face will surely show it
If you’re happy and you know it,
shout “Hurray!” (hoo-ray!)

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**What your library can do for you...**

If you don't have access to the Internet, you can go to the library and print materials using their computers.

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