

PATHS

Home Activity

My Feelings



We are learning about different feelings in PATHS. We are learning that

- **All** feelings are OK – there are no bad feelings.
- **Everybody** has feelings.
- There are many **different** kinds of feelings.
- Feelings **tell us** important things about what is going on around us.

We look at pictures of people's faces so we know what faces look like when people feel that way. We also talk about the things that make us feel that way.

At home:

- **Sharing** your feelings will help your child understand that **everyone has feelings**.
- **Asking** your child about his/her feelings and **listening** to him/her lets your child know that feelings are all OK and **important** to talk about.

