

FEELINGS



Feelings are directly related to behavior. Preschoolers need to understand feelings in order to control their behavior when they experience strong emotions. Children who understand their emotions and have the coping skills to deal with them will be more confident.

HOW I FEEL

On paper plates, draw different faces with different emotions (happy, silly, sad, angry, sleepy, etc.). Draw mustaches, eyebrows, freckles, eyeglasses, etc. *16.1 PK.A Manages Emotions and Behaviors*



STORY TIME

Bedtime is a great time to talk about feelings. Age-appropriate books can be helpful tools when identifying and managing big feelings and emotions. Talk about the characters and how they may feel and how they cope with mistakes. *16.1 PK.C Resiliency*



CHECKING IN

Help children learn their feelings have names. Take time to talk about your day with your child. Use words such as happy, sad, angry, frustrated, jealous, embarrassed.



16.1 PK.B Personal Traits

MATCHING GAME

Recognizing their own emotions and identifying how others feel is a very important skill. Make two sets of cards with the same emotions. Lay them out and mix them up. Ask your child to find the pairs. Talk about each emotion as they match them. *16.1 PK.A Manages Emotions and Behaviors and AL.2 PK.E Memory*



PENNSYLVANIA LEARNING STANDARDS FOR EARLY CHILDHOOD: PRE-KINDERGARTEN

The Department of Education and the Office of Child Development and Early Learning use a Standards Aligned System. The Pennsylvania Learning Standards for Early Childhood are designed to support learning. The key areas explored in these activities are Social and Emotional Development and Organizing and Understanding Information.

AL.2 ORGANIZING AND UNDERSTAND INFORMATION THROUGH PLAY

Big Idea: Strategies for filtering and organizing information are important to the learning process.

- AL.2 PK.E Retain and recall information presented over a short period of time. Engage in memory games.

16.1 SELF-AWARENESS AND SELF-MANAGEMENT

Big Idea: Understanding of self and ability to regulate behaviors and emotions are inextricably linked to learning and success.

- 16.1 PK.A Distinguish between emotions and identify socially accepted ways to express them. Recognize and label basic feelings. Name a range of feelings.
- 16.1 PK.B Recognize that everyone has personal traits which guide behavior and choices.
- 16.1 PK.C Recognize that everyone makes mistakes and that using positive coping skills can result in learning from the experience.