

Expressive Activities

Feelings are a part of life. Each person reacts to what is happening in their life in different ways. As a parent, your child(ren) is looking up to you to help them understand and express the feelings they may be feeling. Here are some helpful activities to help your child(ren) feel safe in expressing their feelings in a fun and healthy way.

How I Feel Today

Supplies Needed:

Construction paper
Markers/crayons/colored pencils
Scissors
1 magnet for each member of family
Tape

You or your child draw 12 circles on one piece of paper. Come up with 12 feelings and write these feelings below each circle. Next, have your child draw faces in the circle that identify each feeling. Hang feelings board on refrigerator. Have each family member chose their magnet to place on the face they are feeling that day.

This activity is to help your family know that each day can bring different feelings and that each person could be feeling something different. Everyone's feelings are okay.

Paper Bag Puppets

Supplies Needed:

Paper bag	Collage Items
Crayons/markers	Glue

Decorate it, collage it, glue it, or tape it... it helps your child(ren) act out what they may be feeling or experiencing at that time.

My Feelings Book

Supplies Needed:

Paper	Yarn or ribbon
Crayons/markers	Hole punch

Label the top of each page with feelings phrases (ex. "I am sad when"; "I laugh when"; "I am happy when"; "I am scared when"; etc.)

Draw it, color it, express it, make it your own... this book helps your child(ren) to know what they are feeling is okay.

Bibliography:

***The Pigeon Has Feelings Too!** By: Mo Willems

***My Many Colored Days** By: Dr. Suess

***Sometimes I'm a Bombaloo** By: Yumi Heo

***The Way I Feel** By: Janan Cain

**Other suggested activities: playdoh, painting, drawing, pillow punching, collage art, ripping paper art, skipping, jumping, water play, syringe painting