



PURPOSE //

- This activity is a fantastic way to ask children to pause for a moment, check in with themselves, and respond to the question "How are you feeling today?" with more than just "Fine".
- The first step in managing how you're feeling is to identify exactly what it is you're feeling.

OBJECTIVE //

- Check in with your child in a very approachable manner
- Initiate and promote conversations about feelings at home

AT HOME ACTIVITY INSTRUCTIONS //

Materials

- "How are you feeling today?" board

Application

- When children wake up or arrive home, ask them to select the emoji with the emotion that best matches how they are feeling and put it on the "How are you feeling today?" board. It can be circled, you can add a sticker or write it down somewhere.

Assembly

1. Print board
2. (Optional) Laminate it
3. (Optional) Additional idea: print emojis on sticker page.

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



How are you feeling today?



How are you feeling today?

