

The Way I Feel

THE WAY I FEEL BY JANAN CAIN

If you do not have this book at home, a narrated version can be found on YouTube <https://www.youtube.com/watch?v=ITPUxVQ6UIk>

‘The way I feel’ will introduce your child to a range of emotions and help to build their emotional vocabulary. In this story various emotions are discussed including scared, disappointed, angry, shy and thankful. Knowing a range of emotions is important for your child as it helps them better understand their world and to communicate effectively with others. Expressing emotions effectively is also an important skill for your child to have when seeking help from others if they are experiencing unhelpful emotions.

Talking with your child about emotions is a great way to connect, while also helping to develop their emotional vocabulary. This book is a great starting point for having a discussion with your child about their experience of different emotions. Talk to your child about:

- examples of when they have felt each emotion,
- what the emotion feels like in their body,
- how they act when they feel each emotion,
- if the emotion is helpful and unhelpful for them.

SUGGESTIONS FOR THIS ACTIVITY

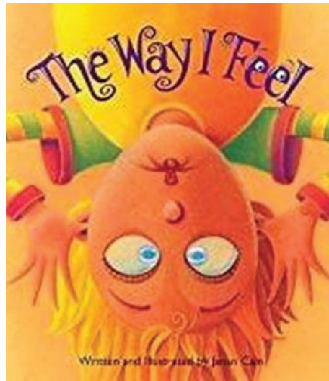
After reading the book (or watching it online), encourage your child to complete the attached worksheet. They can complete this on more than one day in order to spend time thinking about a number of emotions.

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The Way I Feel



Today I feel: _____

When I feel this emotion, this is how I look (draw a picture or take a photo of you showing this emotion):

The things I can do when I feel this way are: _____

