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Use your words.



Family Activity:

Use Your Words



Dear Family,

We've been working on identifying feelings and using words to share those feelings with others. We've talked about using words to say, "I'm mad!" "I'm sad," "I'm tired," and "I'm afraid." The picture on this card is taken from a short video of the DANIEL TIGER'S NEIGHBORHOOD episode *All Aboard*. In that episode, Daniel and Katerina are playing "train" at school when they disagree about who should be the engineer. With the help of their teacher, the children learn to use their words to tell each other how they feel. With the conflict resolved, they're happy and their play continues.

Here's an activity you can do at home to practice using words to name feelings.

Making Faces & Using Your Words

The goal of the game is for one person to make a face that shows a certain emotion. The other person guesses what the emotion is.

Here are some ideas: sad, happy, angry, shy, surprised, afraid.

Directions

- The game could start with you saying, "I'm going to make a face, and you guess what I'm feeling by looking at my face."
- When your child guesses the right answer, you might say, "You're right. Now you try making the same face."
- Follow up by mentioning a time when you remember your child feeling that way.
- You could also mention a time when you felt that way and probably showed that face to other people; maybe even your child.
- Continue by taking turns, alternating who gets to pick the emotion and show their face first. You can offer suggestions if your child needs help picking a feeling to show. Two feelings that children would find easy to show you would be happy and sad.
- End with, "Wow, we sure do have lots of feelings and lots of faces to show other people how we feel."

At another time, maybe while waiting at the doctor's office for an appointment, you could pull out a small mirror. You could ask your child to look into the mirror and make a face that shows the feelings of sad, mad, happy, sassy, disappointed, silly, etc. You're likely to both end up laughing.

When children can use words to describe how they feel, they are less likely to hit, grab, bite, or whine.

Whenever you find it helpful, you can always use the Daniel Tiger strategy song to remind your child:

🎵 🎵 **Use Your Words.** 🎵



Your child can watch more videos and play games with Daniel Tiger by visiting pbskids.org/daniel