**Skill Focus:** Help Children Manage Emotions

Children are experiencing a wide range of emotions right now. It’s important for them to learn to express their feelings in a healthy way. Drawing is a creative way to learn feeling words and to share how we feel.

**Draw Your Feelings**

Encourage your child to draw “how they feel,” and use the pictures to talk about **all** the feelings — big and small — they’re having.

Using “feelings words” like frustrated, excited, angry, or worried helps build an emotions vocabulary and gives children a label for what they’re feeling: an important first step in managing a big emotion.

**Family Time**

Ask siblings to draw each other’s feelings.

**Make ‘Feelings Cards’**

Put their pictures on construction paper, or reuse cereal boxes or cardboard as backing to make a set of feelings cards. Use the cards to help children identify and talk about feelings they’re having later on.

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