



**Project Pre-K TIPS**



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**Dear Parents,**

**This week we are working on naming our feelings and matching feeling faces.**

**Please take five minutes to practice feeling faces with your child. You can use the example below to guide the game.**

*"I'm going to make a face and I want you to tell me how you think I feel." "How do you know?"*

*Switch roles in the game by having your child make faces and you guess the feeling.*

*"Now you make a face and I'm going to guess what feeling you are showing me."*

*Make the game a little harder by calling out a feeling and having your child make the face associated with that feeling. If they get stuck show them how you would make the face for that feeling.*

*"Show me an angry face" "Show me a happy face" "Show me a sad face"*

**We have also included a Feelings Chart for your child to use at home. The chart can be hung on the Refrigerator, wall or door and your child can clip the clothes pin near the face that shows how they are feeling each day.**

**Use the chart to encourage your child to think about how they are feeling and why they might feel that way.**



Frustrated



Embarrassed



Sad



Mad

**This  
is  
how  
I  
feel  
today!**



Nervous



Happy



Proud



Scared



Loved



Lonely