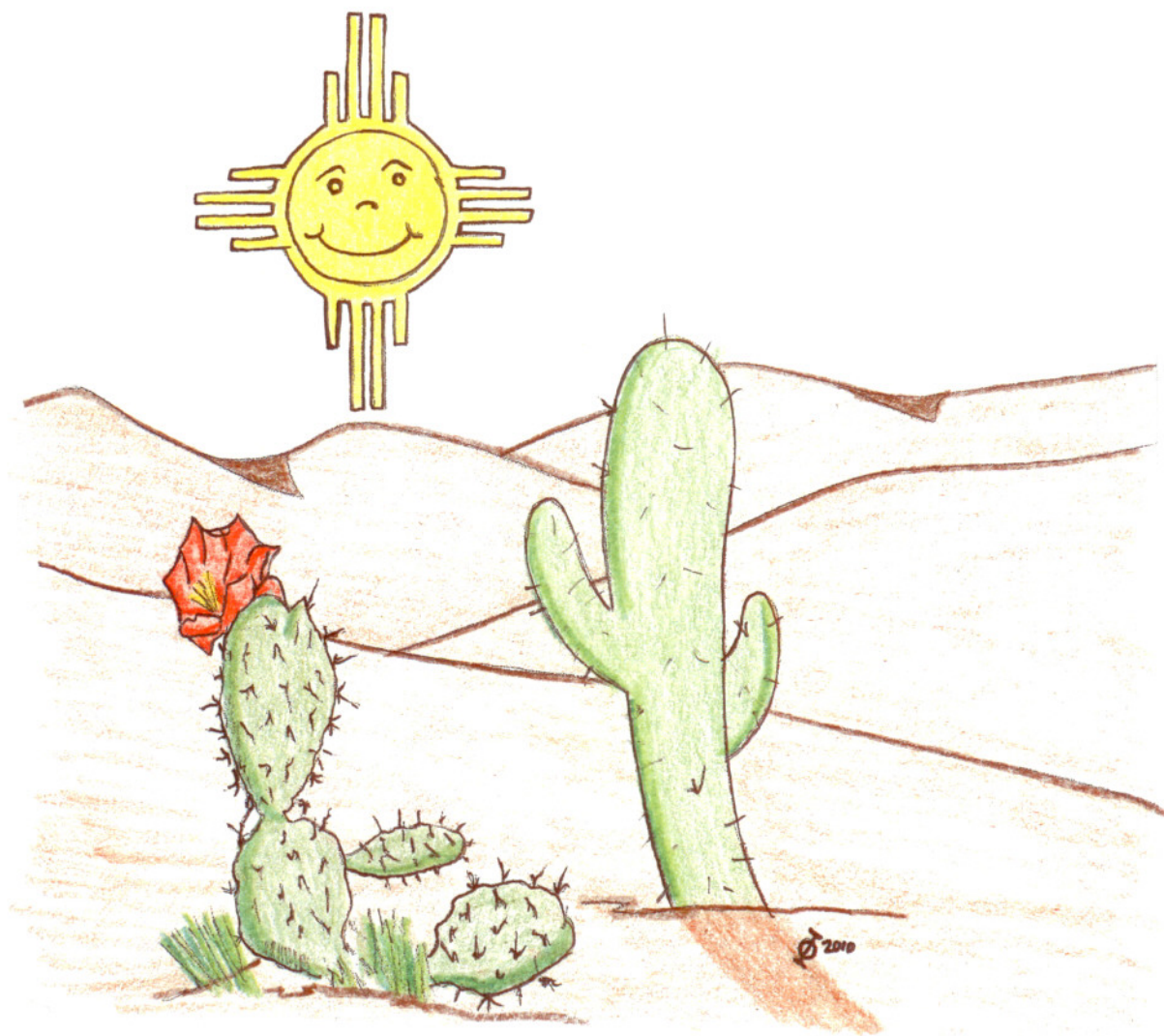
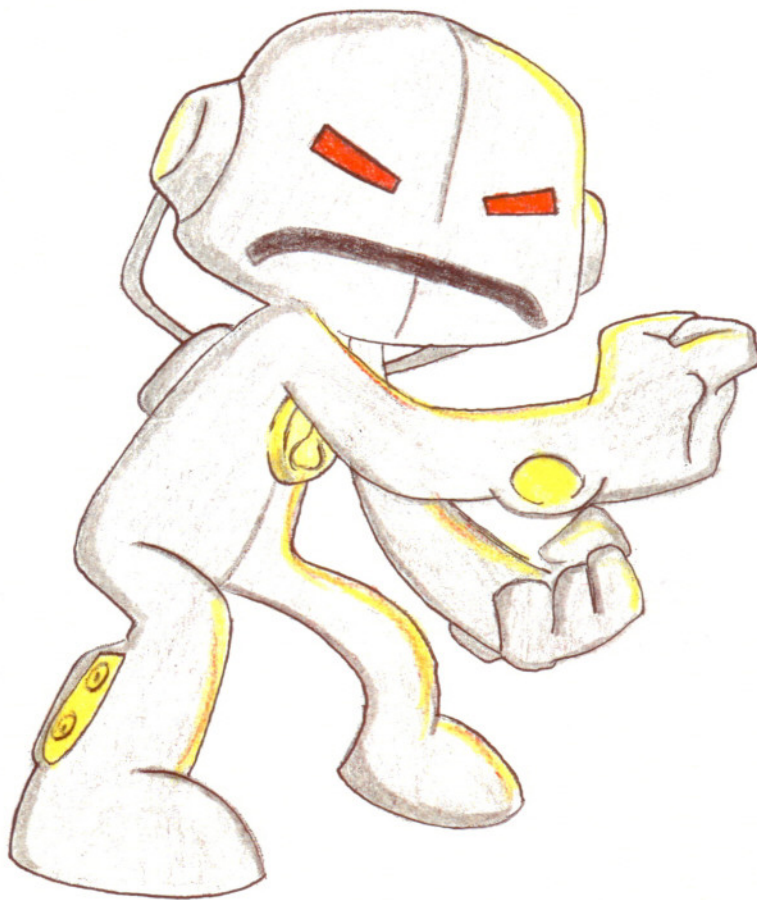


Feelings

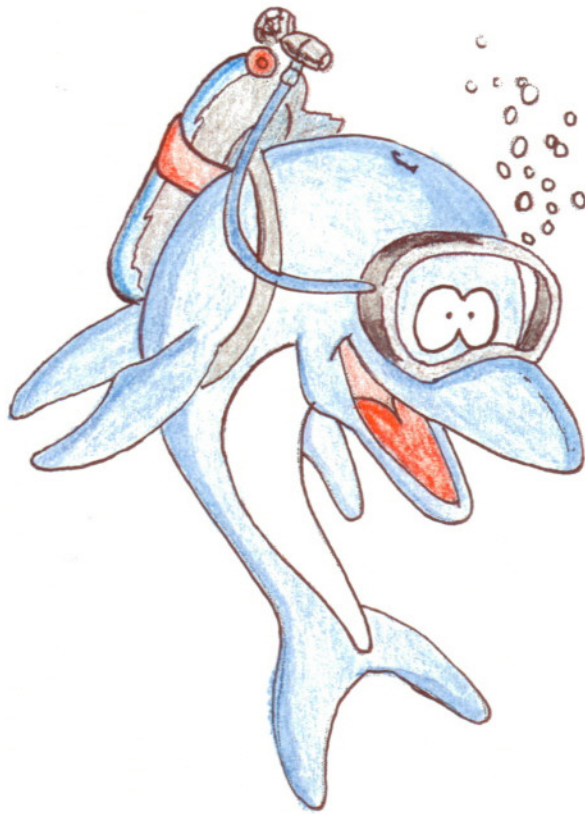


Sometimes I feel sad,
Sometimes I get mad,



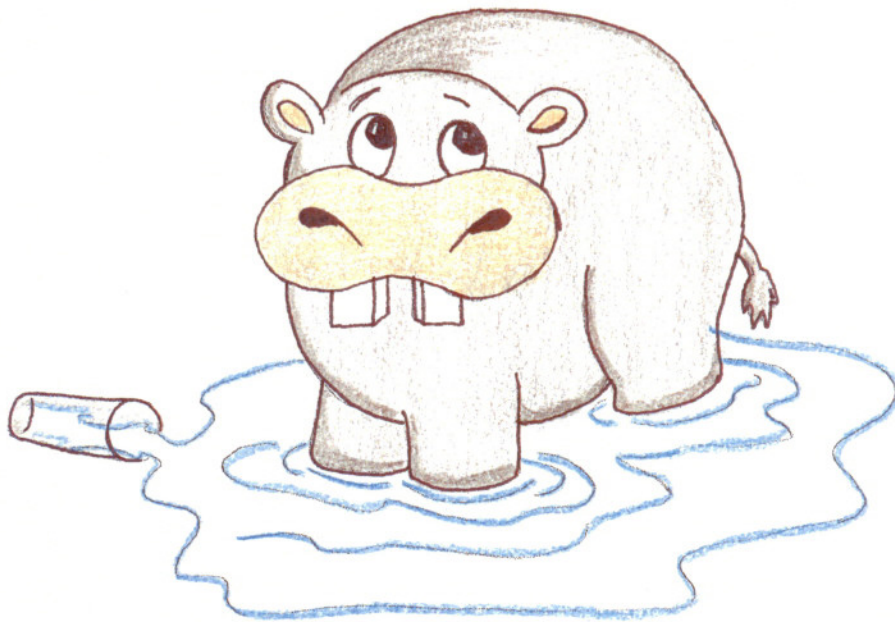
Then before you know it
My face begins to show it.

Sometimes I feel happy,
Then I'm nice and snappy,



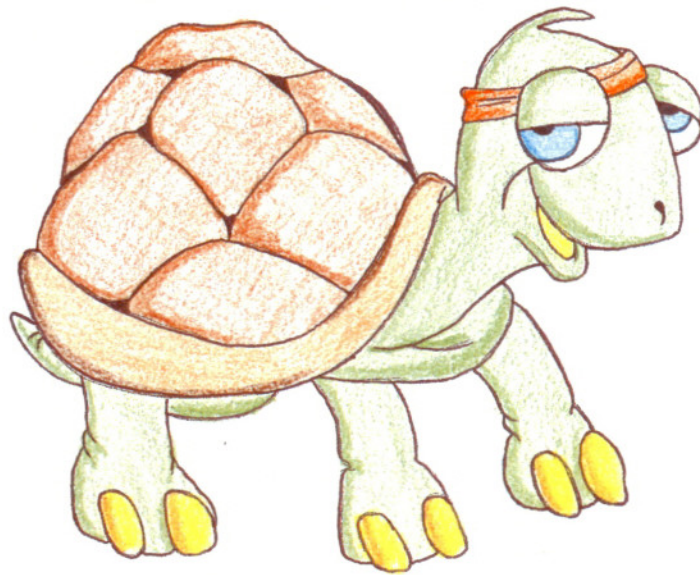
Singing all day long
My face, a happy song.

Other days, afraid I feel,
Some things that scare me are not real,



Like a monster by my bed,
The scary thoughts are in my head.

On days when I am feeling mad,
Everything seems really bad,



My temper gets real hot,
I want to fight but I must not!

Watch my face and you will see
Feelings deep inside of me



Happy, scared, or mad, or blue
My face it always gives a clue.

Dear Parents,

Helping children learn how to understand and handle their feelings is one of the most important jobs parents have in the preschool years - and beyond!

No one knows for sure what another person's feelings are, but preschoolers may need some guidance in this area. Use questions, such as

"You are looking and acting like you might be really mad right now. Is this how you are feeling?"

"You are acting very silly right now. I wonder if you are a little bit afraid of going to the doctor?"

All of us need help with difficult feelings from time to time! Make sure your child knows that it is safe to share feelings with you; you won't laugh at his feelings, or make her feel ashamed.

Make sure children know that feelings aren't bad, but there are bad behaviors.

"Everybody feels jealous sometimes, even grownups. But you can't take Susie's toy away. Maybe a little walk outside with me would help you feel better."

The message here is that we find ways to manage difficult feelings that don't hurt other people. Sometimes this might mean screaming "It's not fair!" - at an o.k. time and place.

Here are some words to help your child say how he or she is feeling. Everyone has all these feelings sometimes!

Tired	Full of energy
Jealous	Thankful
Sad	Happy
Angry	Peaceful
Worried	Hopeful
Guilty	Proud
Tearful	Playful
Scared	Safe
Disappointed	Glad
Serious	Silly
	Thoughtful
	Curious

Feelings written by **Annie Moffatt**, used with permission of the
Missouri Department of Elementary and Secondary Education
<http://missouricareereducation.org/curr/cmd/guidanceplacementG/lessons/index.php>

Illustrated by **David M. Duran**

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