

MPES Counseling Corner: Feelings



Parents,

Hello! Here at school, we have been very busy learning about feelings and emotions - what they are and how we can recognize them in ourselves and others. Learning happens best when it is done both at school and at home. Below are many ways that you can help your child continue to learn about the theme of feelings, through reading about it, talking about it, and practicing it! We have really enjoyed exploring this topic at school, and I hope your family will enjoy it just as much!

If you have any questions, contact MPES School Counselors at
(704) 260-6210

Read About It

Here are some books to help you learn more about feelings:

- The Way I Feel By Janan Cain
- My Many Colored Days By Dr. Seuss
- The Color Monster By Anna Llenas
- Feelings To Share From A To Z By Todd And Peggy Snow

Practice It!

Practice identifying the feelings of others while you are watching a movie or TV show. As you are watching, talk about how each character feels and how you can tell. Encourage your child to use situational cues (what is happening) as well as physical cues (how the person looks).

Talk About It!

Here are some discussion points to help you talk about feelings with your child:

- How do you feel right now? How do you know?
- Do you think all feelings are okay to have? Why or why not?
- Is it easy or difficult for you to talk about how you are feeling? Why?
- Do you feel like you handle your feelings in a healthy way? Why or why not?
- Why do you think it's important to know how you are feeling?
- Why do you think it's important to know how others are feeling?

