

Copy Cat

Building Trust and Cooperation

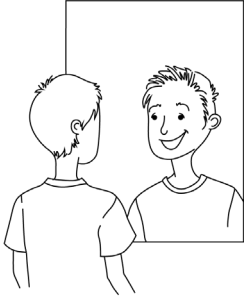
You and your child will:

Practice naming feelings by making faces in the mirror and creating the expression on a paper plate.

You need:

- Mirror
- Paper Plate
- Snack size zipper bag
- Yarn (for hair, eyebrows)
- Foam face items (eyes, nose, mouth, ears)
- *The Way I Feel* by Janan Cain

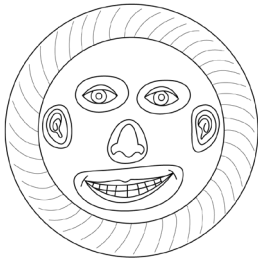
1



Read the book together and practice making the different faces in the story. **Help your child name the feelings.**

**Use the mirror if necessary.*

2



Have your child **choose a feeling** and **create the expression** on a paper plate. Discuss the feeling together.

3



Choose a **different feeling** and take turns **acting out** and **creating** the expression on the plate.

4



When you are finished **place your items in the bag** to take with you and play at home.

Investigating Books

Building Trust and Cooperation

You and your child will:

Explore books about feelings.

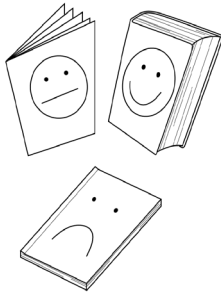
You need:

- Puppet
- Magnifying glass
- Finger pointer
- Paper towel tube

Books for this station:

- *Today I Feel Silly* by Jamie Lee Curtis
- *Pout Pout Fish* by Deborah Diesen
- *How Dinosaurs Say I'M MAD* by Jane Yolen
- *Sometimes I Feel Like A Storm* by Lezlie Evans

1



Say, “These books are all about feelings.”

Let your child choose a book that interests him/her.

2



Look at the pictures in the book. **Talk** about the different feelings your child sees.

Questions to ask:

- Can you make this expression?
- Have you ever felt this way? Why, what happened?
- What makes you feel ____ (*happy, angry, frustrated...*)?

3



Follow your child’s lead, focusing on his/her interests.

**It’s okay if you don’t read every word.*

Power Praise

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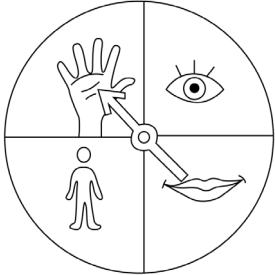
You and your child will:

Practice giving positive praise to each other using your body.

You need:

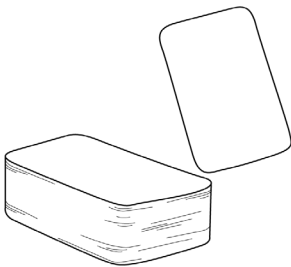
- Spinner
- Action cards
- Positive Praise handout

1



Spin the wheel. The symbol on the spinner shows what body part you will use to give praise. (eyes, body, hands, or mouth)

2



Pick a card from the table. Read the card aloud and have your child do the action.

3



After your child does the action, **use the image** on the spinner to praise your child.

**Use the Positive Praise handout for ideas of how to give positive praise.*

4



Take turns spinning the wheel, picking a card, and giving praise to each other.

Roll Play

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You and your child will:

Name and discuss different feelings.

You need:

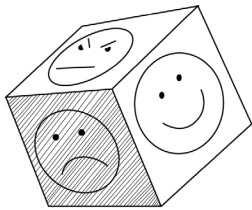
- Emojis die
- Book: *The Way I Feel* by Janan Cain

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Flip through the pages of the book together. Follow your child's lead to talk about the pictures that interest him/her.

2



Roll the die and name the emotion it lands on.

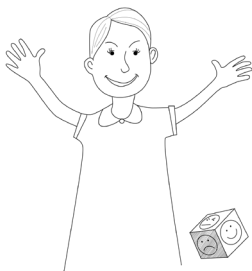
3



Act out the feeling. Talk about when and why someone might feel this way.

**Use the pictures in the book if necessary.*

4



Take turns rolling the die. Act out and talk about the different feelings on the die.

Family Diamond

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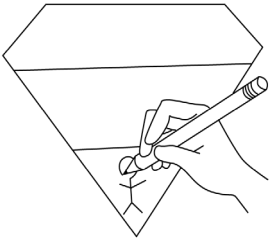
You and your child will:

Make a Family Diamond to talk about how your family encourages each other with praise.

You need:

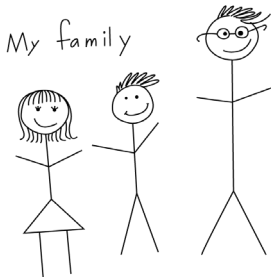
- Pencil
- Scissors
- Glue
- Markers or crayon
- Construction paper
- Family Diamond handout

1



Have your child **draw** him/herself in the **ME** section of the diamond. Look for things your child does well and **praise his/her efforts**.

2



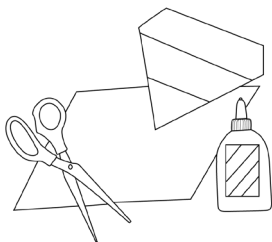
Have your child **draw your family** in the **MY FAMILY** section. Help your child add details and continue to **give praise**.

3



Talk about the ways you encourage each other using praise (ex: specific words, fist bumps, high fives, etc.). **Write down your child's words** about how your family gives praise in the **FAMILY PRAISE** section.

4



Cut out your family diamond. **Glue** it to a piece of construction paper. *Share your family diamond with others!*