



ME & MY WORLD

HOW I FEEL

Do three learning activities with your child, then visit the library to get their badge!

- Talk to your child about things that make them happy, scared, sad, or angry. Talk about when you have those emotions too and what you do to cope with strong feelings.
- Look through magazines with your child and point out people's faces. Which emotion is that person feeling?
- Talk with your child about a time when they were really angry. What happened? What did your child do? Talk about ways to handle conflict.
- Look at picture books in the library. As you read a book, talk about what the characters might be feeling and why. Ask your child open-ended questions.
- Make a card to share with a friend for a special occasion, like their birthday. Talk about how that special day makes people feel.

Understanding our emotions can help us to better understand characters in the stories that we read, building on narrative skills!

Visit buckslib.org/letsplayschool
for more activities.

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