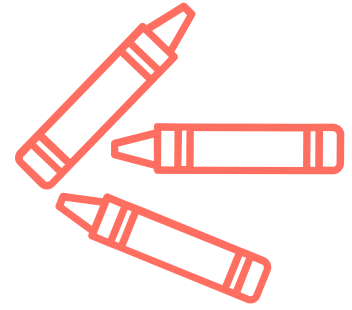


# Activity



## Feelings Charade!

Time to play a fun game with our feelings.

Grown-up will act out a feeling. (You may want to dance around the room super happy so child guesses 'happy')

Kids: Guess which feeling they are feeling?

Now it is the kids' turn.

Keep it going till you finish acting out the 5 feelings.

How did this game make you feel?

Do you think your feelings had a good time being noticed today



## Grown-Up Tip:

Try to do most of the feelings you spoke about.  
Notice any feelings your child may be avoiding acting out?