

# Discovering Feelings



CENTER FOR  
Early Childhood  
Mental Health  
Consultation

Georgetown University Center for Child and Human Development

Funded by the Office of Head Start/ACF, DHHS (#90YD0268)

# Happy

Place pictures of children who appear to be **HAPPY** in space provided on this page.



# Sad

Place pictures of children who appear to be **SAD** in space provided on this page.

# Sad

## DISCUSSION

What do you do when you are sad?

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What do you do when other people are sad?

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How can your feelings change when you are sad?

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On the count of 3, let's put on  
our **sad** faces!



## Activity

It is often helpful to have for children draw pictures of emotions that may be difficult for them to verbalize, or those that are sad or scary for them to experience. Provide children with paper and an assortment of large crayons and butcher paper so they can draw with plenty of space.

## Tips for Young Infants

A simple way to introduce this concept is to look for teachable moments during the day. For example, when they are being left at childcare or when all the milk in their bottle is gone and they begin to cry. Use this and other opportunities to introduce the word sad to the child's vocabulary. Let them know it is all right to be sad and remind them that their feelings can change. You may say, "I know that it is hard when you are wet and I need to change your diaper. In a few minutes, we will have you all dry and you may feel all better."

# Excited

Place pictures of children who appear to be **EXCITED** in space provided on this page.



# Angry

Place pictures of children who appear to be **ANGRY** in space provided on this page.

# Angry

## DISCUSSION

What makes you angry?

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What do you do when you are angry?

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What is a good way to handle being angry?

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On the count of 3, let's put on  
our **angry** faces!



## Activity

Read a book that contains a story about a character that became angry. Highlight from the story what is appropriate versus inappropriate behavior, and be sure to emphasize a suitable resolution to any conflict that may have occurred. You may also choose to reiterate at this time the rules of what is appropriate behavior in your childcare or home setting, e.g., talking with someone about what's causing you to be angry *is* ok, but hitting is *not* ok)

## Tips for Young Infants

You can use naturally occurring opportunities to help younger infants begin to recognize their own anger. When babies appear to be angry or frustrated, focus on labeling the emotion, and showing the child what an angry face looks like by holding up a mirror for them to look in.

# Surprised

Place pictures of children who appear to be **SURPRISED** in space provided on this page.

