

# How are you feeling?

Kids can build good social skills such as working together, helping others and developing friendships by learning to express their feelings in healthy ways.

## Activities

- Look at faces in story books, magazines, neighborhood newspapers... Ask your child, **"How do you think this person feels?"** Help or direct when needed. **"Do you think they are sad? What could they do to feel better?"**
- Draw or connect the faces to the feeling:

I'm angry

I'm sick

I'm sleepy

I'm afraid

I'm sad

I'm happy



[durham.ca/kidscan](https://durham.ca/kidscan)

If you require this information in an accessible format, contact 1-800-841-2729.



## Kids Can Activities



Resilience - The ability to handle life's ups and downs in positive ways.

Find resources for kids, youth and teen mental health at [durham.ca/mentalhealth](http://durham.ca/mentalhealth)

## Building Trust



Together make family rules that you can hang on the wall.

Put a blindfold on your child and have them navigate a pillow obstacle course with you giving them directions. Switch roles.

## Building Self Esteem



Create a Wall of Fame showcasing talents and achievements.

Give your child a task and praise them when they follow through on it.

## Problem Solving



Look for problems that your child can solve.

Hide a toy and have your child find it by giving clues.

## Self Control



Do any activity, such as a board game, where your child has to wait for their turn.

Plant a seed or a bean and track it's growth. Maintain photos of the stages.

## Creative Play



Turn up the music and dance with your child.

Put on costumes and role play.

## Learning from Loss



In autumn, talk about how leaves on the ground compost and make the soil healthier.

Play "Chutes & Ladders" and talk about life's ups and downs.

## Confidence Building



Let your child lead a game of Simon says.

Include your child in household chores like making a grocery list, matching socks...

## Change Management



Play 'school' with your child focusing on learning letters and numbers.

Provide a countdown to when the change is happening (e.g. 10 min, 5 min, 1 min).

## Empathy



Have your child choose some of their old toys to give away and decide where you could take them.

Read a story with your child and help them identify what each character is feeling.