At the end of the day, ask your child:
What happened today? What did you do? How did you feel?
What happened to make you feel that way?

Have your child draw a face in the chart and write a word describing the feeling.

Talk about your own day and how you felt as you also draw a face and write a word in the chart.

If your child is feeling bad, ask: “What do you think would make you feel better?”

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**Feelings Chart**

<table>
<thead>
<tr>
<th>Child’s Name</th>
<th>Grown-Up’s Name</th>
</tr>
</thead>
</table>

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