



Building Block Three Summary Handout

By naming and understanding children's feelings, we are giving them the message that we care about how they feel.

Learning to express emotions in healthy ways takes time and adult support.



“When we talk about my feelings, it helps us both understand why I feel the way I do and what I can do about it.”

Take some time today to think about the feelings preschoolers experience: happy, mad, sad, scared, frustrated, and excited. Draw or cut out faces that show these feelings and think of ways to use pictures with children, such as pointing to or naming the feeling that shows how we feel and then talking about why we feel that way.