

Talk About Feelings

Go through books or magazines and talk about the different feelings people are having in the pictures. Talk about how you are feeling and the things in life that make you and your family feel happy, sad, angry, frustrated, tired, excited, nervous, etc. Talk about how it is OK to feel sad or angry and that there are good ways to help get you through those feelings. (talking to friends, going on a walk, reading a book, exercising, hugging a family member, etc.)

Think of a friend, neighbor or family member that could use some happiness. Help make cookies or a treat to deliver to that person.

