

SKILL FOCUS

Feelings & emotional awareness

USE AT

Home, preschool, daycare,
early learning programs

OH FAMILY

Name the Feeling

An activity to use with the story "Sometimes"

Let's Talk About Feelings

After reading or listening to the story *Sometimes*, take a few minutes to notice how feelings show up in our bodies and words.

1. What feeling did you hear in the story?

Circle or point to a feeling you remember from the story.



Happy



Mad



Sad



Silly

(Note for Grown-ups: Say the feeling out loud together.)

2. How does that feeling feel in your body?

When I feel _____ my body
(Emotion)
feels like _____.

- stomping
- sitting quietly
- smiling
- wiggling
- something else: _____

(Note for Grown-ups: When I feel **HAPPY**, my body feeling like **JUMPING**.)

3. What helps when that feeling comes?

Draw or talk about one thing that helps:

- taking a breath
- getting a hug
- using words
- taking a break
- being silly
- sitting with someone

Space to draw:

A large, empty rounded rectangle with a dark brown border, intended for drawing or writing.

Note for Grown-ups

- Use simple language.
- You don't need to fix the feeling.
- Naming it is enough.

Download full stories, games, and activities at Ohkhalil.com/Ohfamily

