



Feelings Buddies

Handout B51



How this helps my child learn about feelings:

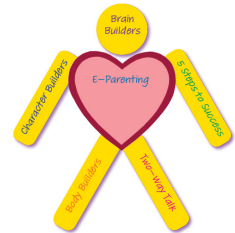
- _____
- _____
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Which Daily Do I want to focus on practicing:

- _____

When will we do this activity:

- _____
- _____



Who else can do this activity with my child:

- _____
- _____

How to do this activity:

1. Use **Ready for Play and Learning** to see if your child is ready to play and learn. Remember to use **5 Steps to Success** as you help your toddler explore their natural curiosity during the activity.
2. Gather some empty tubes and draw a simple emotion face on each tube. If you wish, stuff the inside of the tubes with paper to make them more sturdy and seal the ends of the tubes with tape.
3. Show your child their new Feelings Buddies and label each one's feelings. Use each Feelings Buddy to pretend play simple stories with your child, making your voice expressive. You could say something like: **I'm HAPPY. Can you see my smile? I'm HAPPY because I'm going for a ride in your basket.**