



# Feelings Box Book

## Handout B50



### Reasons I want to do this activity with my child:

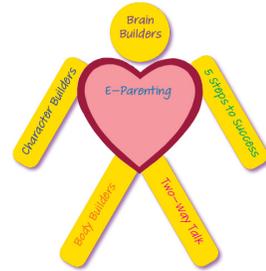
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### Which Daily Do I want to focus on practicing:

- \_\_\_\_\_

### 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. On each side of a small empty cardboard box, draw a different emotion face, or glue an emotion picture. You can copy simple emojis from your phone. Label each emotion with a feeling word and cover the box with clear tape.
3. Show your child each side of the box, labeling the feeling. Help them to find a feeling face on the box. Remind them of a time they showed that emotion. You could say: **You're always HAPPY when we play outside!**
4. Show them what that emotion looks like on your face. Repeat the steps for the other emotions.