



## Exploring the Differences Between Discipline and Punishment

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#### Nurturing Discipline Practices

- *Information I'd like to share with others:*
- *Over the next couple of weeks, I'd like to try the following:*
- *Questions I have:*



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## Fun With Faces

*What my child/I liked best about this activity:*

*During this activity, I noticed my child learning and practicing these skills:*

*I used **The 4 Me's™** when:*

### How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you can practice **See Me** by pointing out what you think your child is experiencing as they use sounds, words, body movements, or facial expressions to display a wide range of emotions.
2. Print out, draw, or cut out faces that display a variety of emotions, such as: happy, sad, angry, mad, frustrated, excited, curious, afraid, or loved. Place the faces in front of you and your child to act out or imitate the feeling. Have fun choosing an emotion to express using sounds, words, body movements, or facial expressions.

As you share your emotions with your child, you **MIGHT**:

- » Connect with your growing baby as you share a story about times they might feel different emotions, such as happy, sad, frustrated, loved, etc.,
- » Use the faces to make up a dance, song, or story to share with your infant,
- » Have back-and-forth interactions with toddler as you ask them to act out the feeling using sounds, words, body movements, or facial expressions,
- » Label each picture with the feeling word and emphasize the sound of the first letter of the word to your child, or
- » Assist your child to cut out faces to make a collage of their feelings and encourage them to draw, scribble, or write their feelings words.

