



Supporting Children With Unique Needs and Abilities

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Feelings List for Growing Great Families®

Reflect on the feelings that you or a family member have experienced. Circle or highlight the feeling words below that you can relate to or think you might experience later in your parenting journey.

Feelings of being unprepared

Disappointment
Disconnection
Discouragement
Frustration
Overwhelm
Stress
Regret

Feelings of comparing

Admiration
Defensiveness
Envy
Insecurity
Jealousy
Pity
Resentment

Feelings of falling short

Discouragement
Embarrassment
Guilt
Heartbroken
Humiliation
Shame

Feelings of hurting

Anguish
Betrayal
Despair
Grief
Hopelessness
Sadness
Unhappy

Feelings of uncertainty

Anxiety
Avoidance
Dread
Fear
Loneliness
Nervous
Scared
Vulnerable
Worry

Feelings of being wronged

Anger
Annoyance
Contempt
Disgust
Frustration
Hate
Mad
Outrage

Feelings of giving

Compassion
Empathy
Patience
Sympathy
Understanding

Feelings of connecting

Acceptance
Adore
Appreciate
Belonging
Connection
Fitting in
Hope
Thoughtfulness

Feelings of excitement

Astonishment
Ecstatic
Energetic
Optimistic
Motivation
Passionate
Playful
Strong

Feelings of your heart opening

Affectionate
Brave
Delight
Glad
Happy
Love
Respect
Trust

Feelings of things going well

Calm
Contentment
Determination
Focus
Gratitude
Happiness
Joy
Peaceful
Proud
Relief
Safe
Tranquility

Feelings of “I can do this”

Confidence
Humility
Pride



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Our Family Wins

What my child/I liked best about this activity:

Some ways I could support my child to keep this activity going:

*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 **Connect With Me** as you put your child's feelings into words or have back-and-forth conversations with them.

2. Invite your child, any siblings, and other family members to help you fill in and decorate the **Our Family Wins Photo Frame** in **Section 3** of the handout as you talk about your family and celebrate your wins.

As you do this activity with your child, you **MIGHT**:

- » Tell your growing baby about the things that make your family special,
- » Have a back-and-forth conversation with your infant telling them about the similarities and differences between your family and other families,
- » Invite your toddler to color and decorate the photo frame, or
- » Help your child "write" down what they like about their family and sound out the beginning of words together.

3. If you wish, paste your photo frame onto cardstock to make it sturdier. Then, invite your child to help you add a photo or draw a picture of your family in the middle of the frame. Decide together where you'd like to keep or display your photo frame.





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Our Family Wins Photo Frame

Something
we're proud of is...

A success we've enjoyed recently is...

The BEST thing
about our family
is...

One
unique
thing
about our
family is...

Our family
is AWESOME
because...

Our family is good at...