

DO THIS AT HOME
Turn That Frown Upside Down

Try this technique to help your child learn to recognize and work through strong feelings in herself and others.

What Your Child Will Learn

Children's books and music about feelings help your child begin to understand and label feelings. The experience of sharing a book together benefits your child's social and emotional development, as well as literacy and pre-reading skills. Open-ended questions about any book help your child learn to think, problem solve, and relate topics to what is going on or has happened in her own life. She learns to make meaning through stories, and discussing books about feelings is a wonderful way to help her develop and grow.

Materials Needed

Badger's Bad Mood by Hiawyn Oram (optional)

feeling photos, downloadable from the Devereux Early Childhood Initiative website

(<http://www.devereux.org/site/DocServer/PreSchool-EmotionPhotos.pdf?docID=5981> exact link here)

What to Do

- ▶ Explain to your child that sometimes when we are feeling down, a person who cares a lot about us can help us work through our bad mood.
- ▶ Read the story, *Badger's Bad Mood* (or a similar story).
- ▶ Ask your child these open-ended questions:
 - ◀ "Have you ever been in a bad mood? How did you act?"
 - ◀ "What helped you get out of your bad mood?"
 - ◀ "What can we do to help our friends and family members feel better when they are in a bad mood?"
 - ◀ "Have you told someone lately that you love and appreciate something they do for you?"
 - ◀ "How did that make them feel?"
- ▶ Use the feeling pictures downloadable from the DECI website.
- ▶ Ask your child to identify how she thinks each character felt during different parts of the story: Badger (sad), Squirrel and Rabbit (angry, offended), and Mole (sad at first, then overwhelmed, hopeful, relieved, and finally happy). Point out that in the end Badger feels appreciated, proud, and happy again.
- ▶ After reading the story, make a list of all of the things you appreciate about your child. Make her a certificate or medal that says what you appreciate about her, or simply write your child a little note.

*You can download this activity and the other at-home activities in this book at
www.centerforresilientchildren.org/SSES.