



*Mindset skills help children understand their emotions, set positive goals, show empathy for others, establish healthy relationships, value diversity and inclusion, make responsible decisions, focus, and stay organized.*

## SKILLS TAUGHT



**Mindset Skill:** Self-Awareness, Social Awareness

**Area:** Emotions, Empathy

## Lots of Feelings

### Materials

- Stuffed animal or toy

### How to Play

1. Help your child learn to understand how others feel with the help of your child's stuffed animal or toy. Have the following discussion with your child using a stuffed animal or toy:

*Adult:* Your teddy bear is feeling sad. Show me how you look when you feel sad.

(Child makes sad face.)

Teddy bear says he is being left out of games and no one is listening to him. What can we do to help him?

*Child:* We could ask him to play. / He can choose a game. / Ask him what is wrong. / Give him a hug.

*Adult:* Now how does he feel?

*Child:* Happy. / Better.

*Adult:* What does it look like when you are happy?

(Child makes happy face.)

2. Make up other situations. Try other emotions, such as being angry, excited, afraid, surprised, and so on. Practice being understanding about how the stuffed animal or toy is feeling.
3. Sing "If You're Happy and You Know It." Then try the song with different emotions, such as "If you're sad and you know it, cry *boo-hoo*." or "If you're mad and you know it, stomp your feet." Let your child and their stuffed animal act out the emotions in the song.