



Project Pre-K TIPS



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Dear Parents,

This week we are learning about empathy - recognizing and caring about how others feel.

Please take five minutes to discuss the following questions with your child.

1. What kinds of things make you feel happy? sad? angry? excited?
2. How do you act when you feel happy? sad? angry? excited?
3. How can you tell when I'm feeling (happy, sad, angry, excited)?
4. If you found out that one of your friends was feeling sad, what would you say? How would you help your friend or classmate feel better?

Praise your child for completing the activity and ask them to point to how they think you are feeling on the chart below. Praise appropriate responses and offer guidance, as needed.

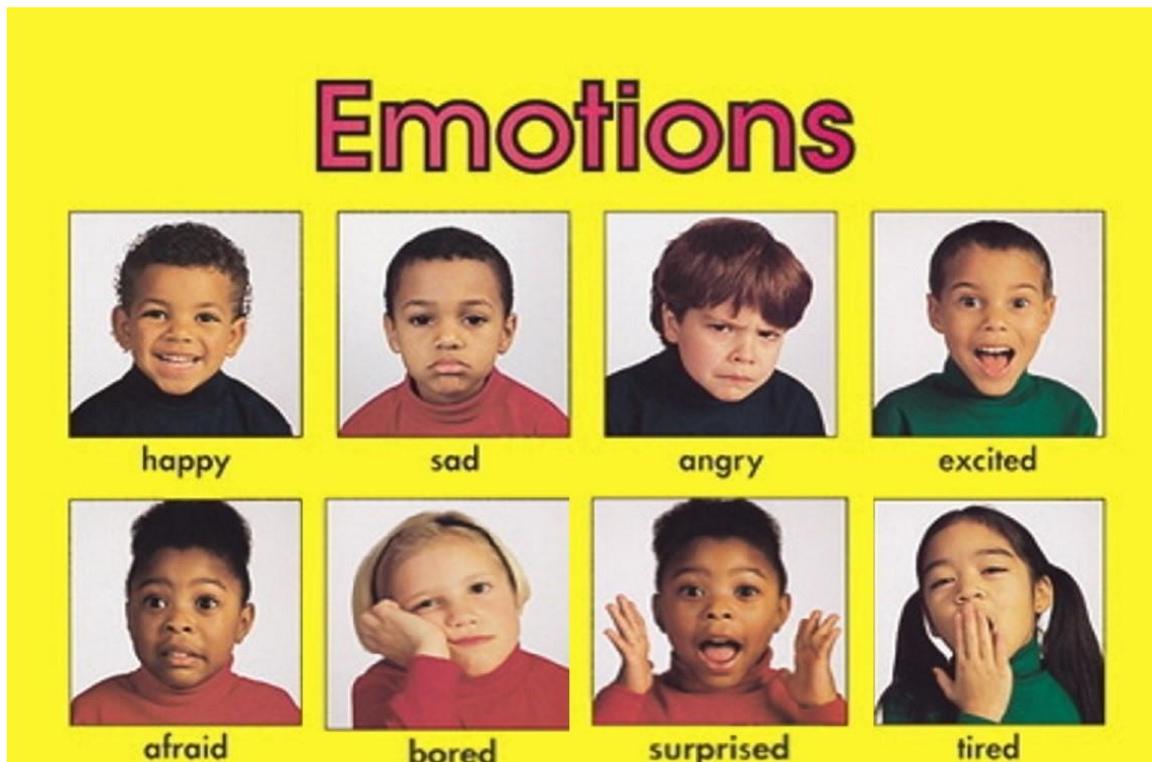


Image sourced and adapted from:

<https://flourishnthrive.wordpress.com/2012/05/29/feelings-chart-and-feelings-faces/>