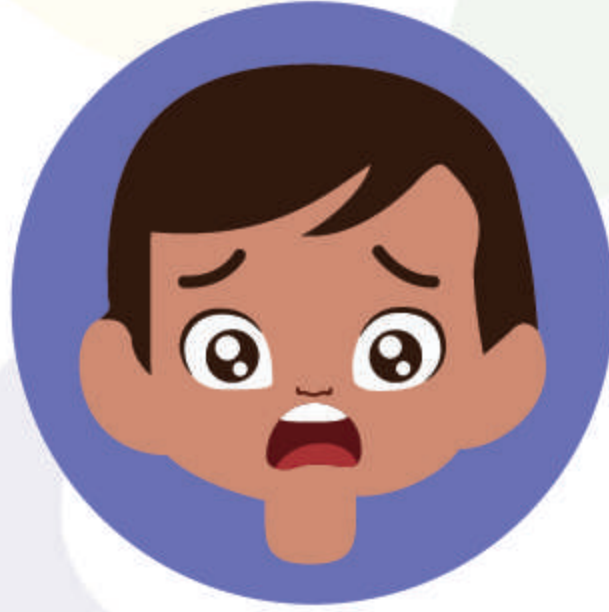




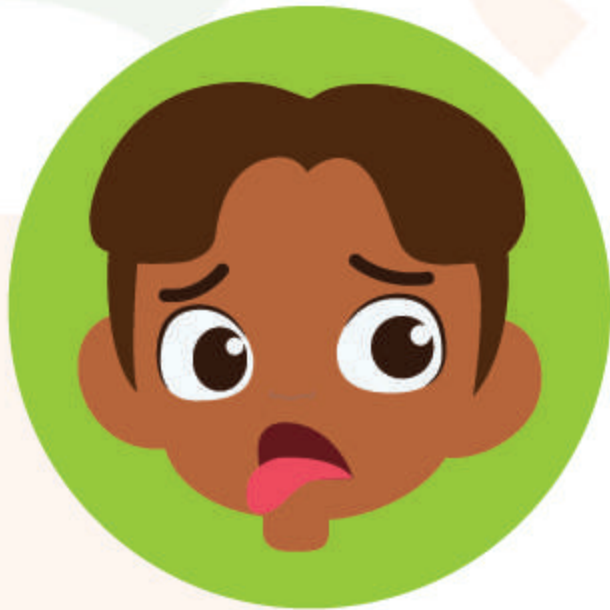
HAPPY



FEAR



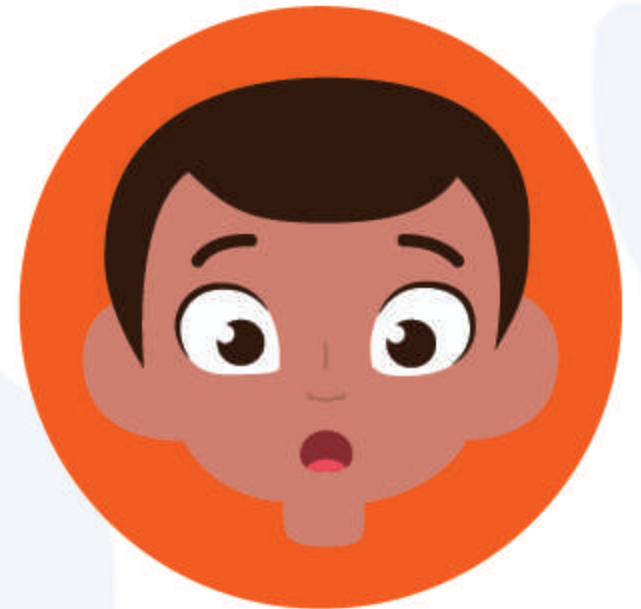
SAD



DISGUST



ANGER



SURPRISE

# HOW ARE YOU FEELING TODAY

Skills: Exploring and identifying one's feelings

- 1** You can read the label of the card to your child
- 2** Ask your child how he/she feels today. Let him/her choose a card or picture that shows what he/she is feeling. Ask if he/she want to talk about it
- 3** Using a mirror, let your child imitate the card he/she choses while facing the mirror. Encourage your child to draw what he/she face looks like.

\* Adapted from Philippine adaptation of the portage guide to early education