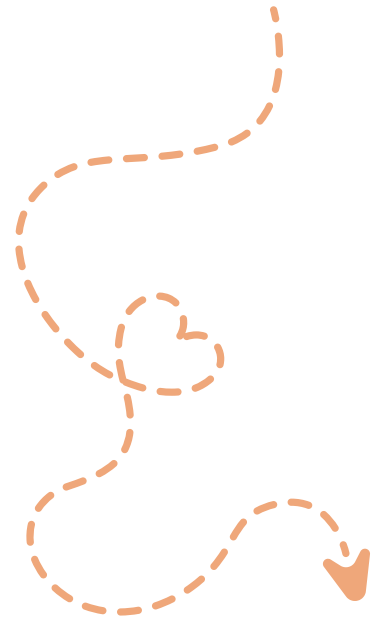
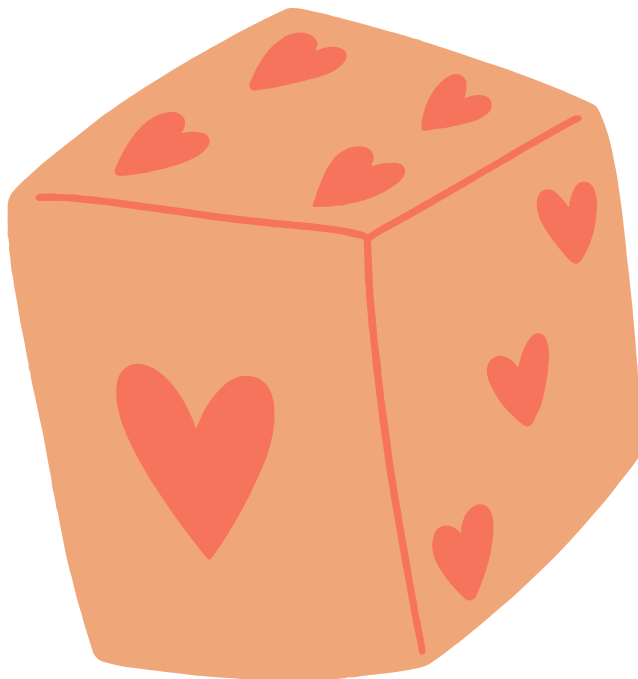
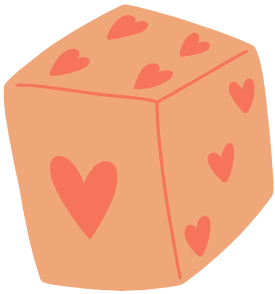




FEELINGS DICE

Print.Cut.Colour.Play





Welcome!



My Feelings and Me

Created to help little people express
BIG feelings!



Hi, I'm Emily and I created My Feelings and Me.

I am a social worker with a background in counselling and over 15 years experience with families and children.

As well as being a 'Tuning Into Kids' parenting facilitator, I am a mum to two energetic boys in the local Western Sydney area.

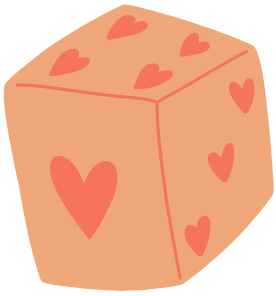
Emily Tapilatu

Connect.Engage.Grow

myfeelingsandme.com.au



@myfeelingsandmehere



FEELINGS DICE

HOW TO USE

There are many simple ways you can help your child learn about emotions and healthy ways to express them.

ALL feelings are important. Identifying and validating each one can help your child feel safe to express them

Tips...

- Be patient, this can take time
Avoid criticising or making fun of a particular feeling.
- Praise.Praise.Praise
- If you feel triggered, it's ok to pause and walk away

Reflecting..

If you can see your child is struggling try..

- I can see that you look a bit sad
- Are you feeling angry?
- I'm curious if you feel worried about...
- Maybe you are frustrated at your brother? Did I get that right?

Modelling expression of feelings ourselves is the perfect way to start. Kids learn so much from watching adults around them.

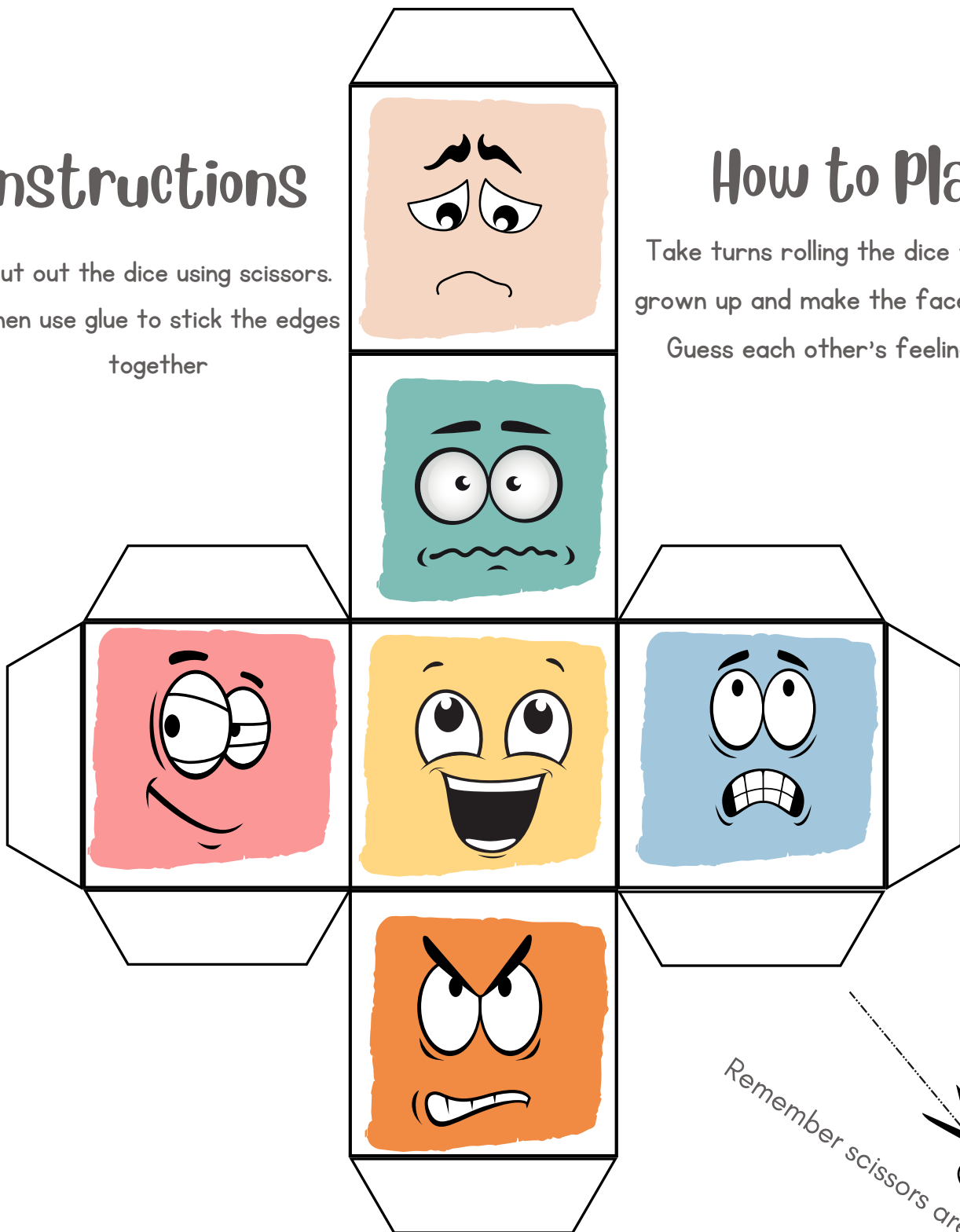
My Feelings Dice

Instructions

Cut out the dice using scissors.
Then use glue to stick the edges
together

How to Play

Take turns rolling the dice with your
grown up and make the face you see!
Guess each other's feeling face!



Remember scissors are sharp!

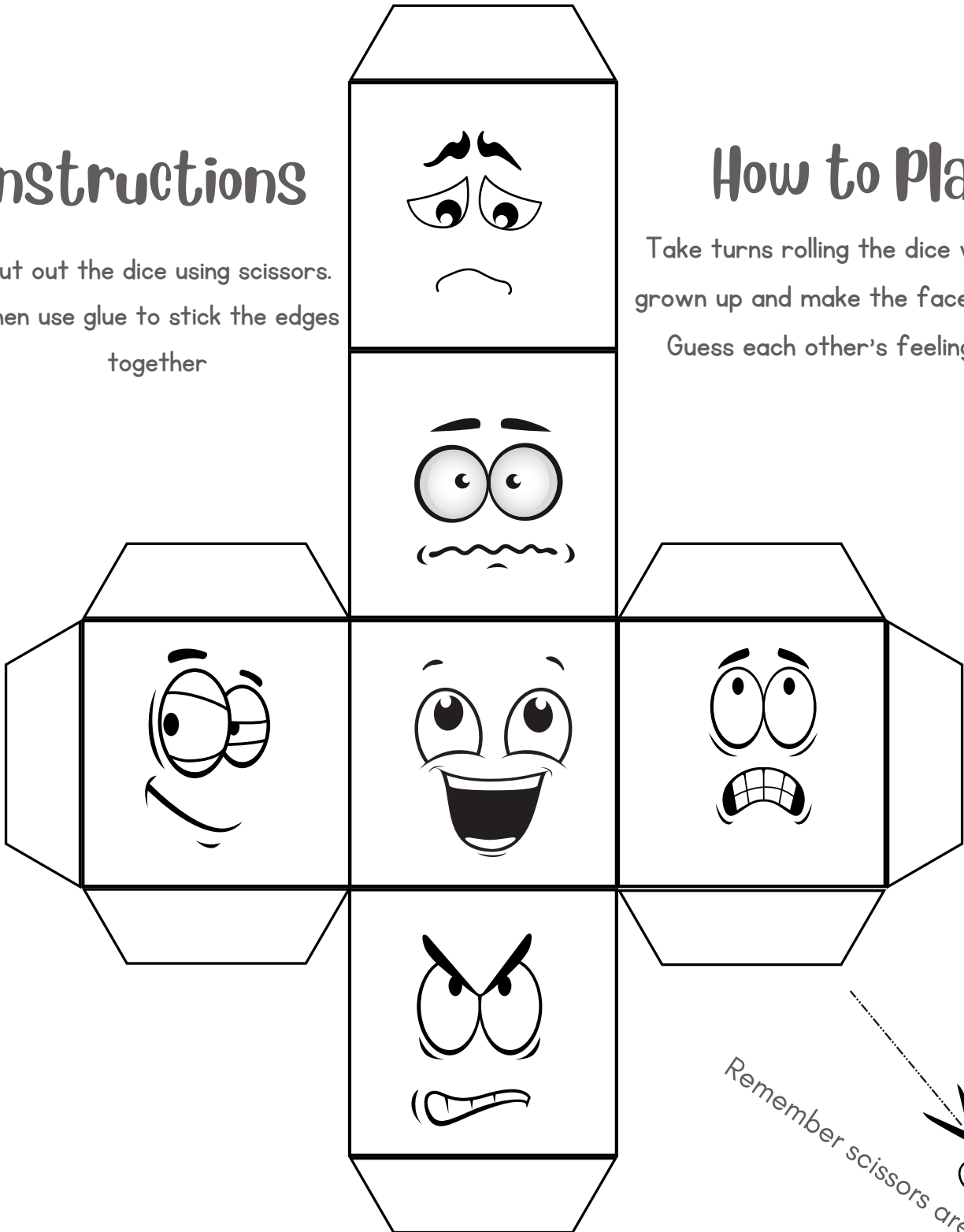
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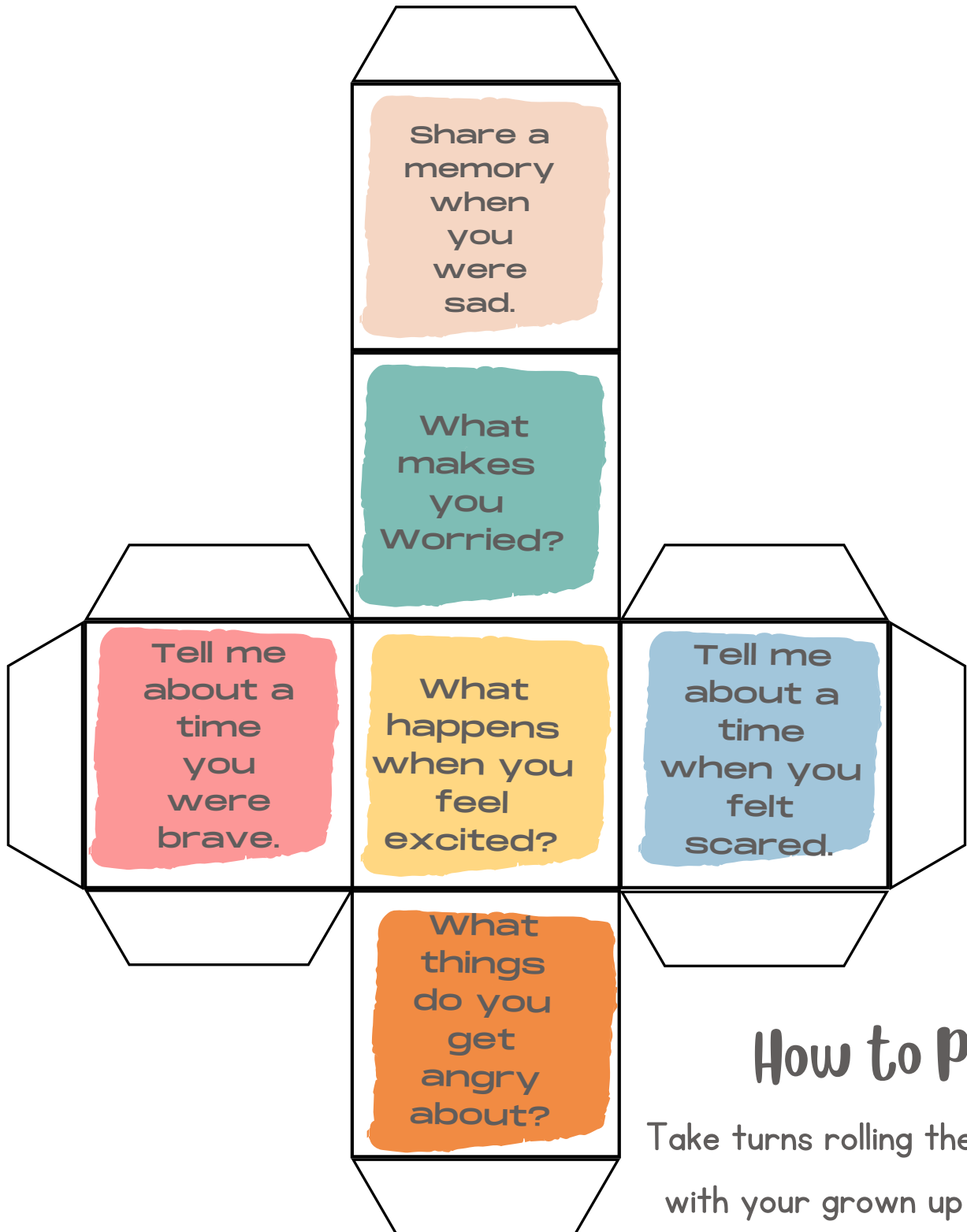


Remember scissors are sharp!

Feelings Dice

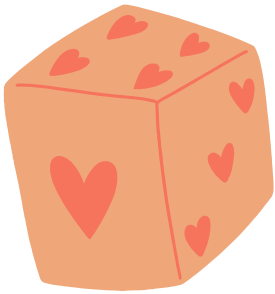
Cut out the dice using scissors.

Then use glue to stick the edges together



How to Play

Take turns rolling the dice with your grown up and answer the question!



We have a Workshop!



These activities are a part of our PLAY IT MY WAY: Social/emotional skills workshop!

In a nut shell this 6 week play based workshop is for pre-school aged children to:

- Build emotional regulation skills & help cope with the big change
- Make friends and meet other children also going to school.
 - Become familiar and feel safe in the school grounds
- Learn how to be in a group setting for play and learning!

And more parents/carers to:

- Feel confident that your child is settled and happy!
- Meet other parents/carers who will take the school journey with you
- Have some tips/tricks to use at home for any big feelings that come out
- Feel connected to your child's learning and school life as it start

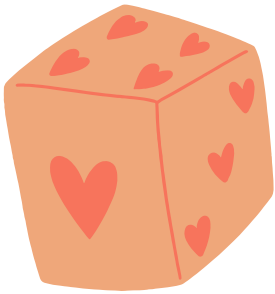
DONT MISS OUT!!

We can run this during terms 3 & 4 at your child's local school.

If you are interested ask your school to contact us on

info@myfeelingsandme.com.au

www.myfeelingsandme.com.au



www.myfeelingsandme.com.au

My Feelings Dice

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Disclaimer

My Feelings and Me have provided advice for each activity as a guide only and by doing any of the activities mentioned in this kit, you are taking sole responsibility of how the activities are done. My Feelings and Me takes no further responsibility.

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Thank you.

Emily Tapilatu
Creator of My Feelings and Me

 info@myfeelingsandme.com.au

 myfeelingsandme.com.au

