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## A very simple register for children under 5

### Parent guide

The four basic emotions are covered – happy, sad, angry and scared

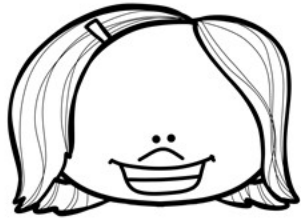
You will find that most other emotions have a base here. For example worried can come under scared, excited can come under happy, upset can come under sad and furious can come under angry. Learning these 4 first can help develop other emotions in time.

1. Print out a copy for each day.
2. Ask your child how they are feeling today?
3. Ask them to colour the relevant picture, chances are it will be 'happy' most of the time initially and this is fine. You are helping them get into the habit of talking about feelings.
4. Ask them to draw their face showing that emotion, use a mirror to help them see their face and have fun making different expressions.
5. Then ask them to talk about it and draw a picture if they want to. If they don't then just jot down what they have said. You want them to articulate their feelings and talking about it is a great way to do that!

In time you will find your child becoming more open and talking more about their feelings. Please make sure you model this too e.g. 'I feel sad today because it's raining outside'. 'I feel happy today because I talked to my friend'. Also make sure you verbalise their emotions too and give a reason. 'I see you are feeling sad today because...' 'I see you are feeling angry today because...' and so on.



How do you feel today?



happy



sad

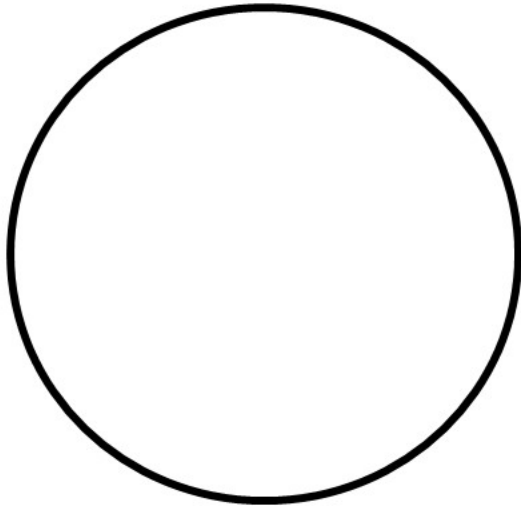


angry



scared

I feel...



Talk and draw!

How do you feel today?



happy



sad

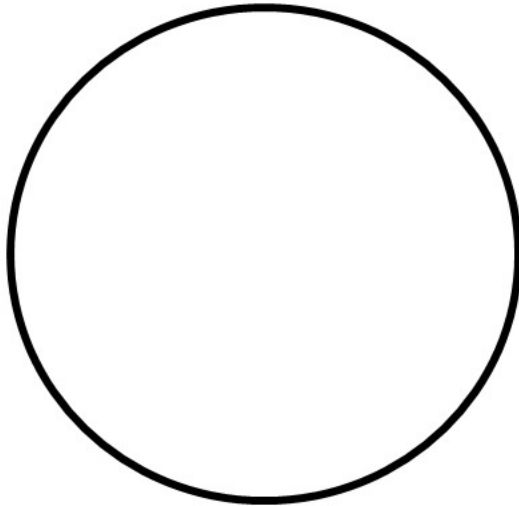


angry



scared

I feel...



Talk and draw!