

How are you feeling?

Kids can build good social skills such as working together, helping others and developing friendships by learning to express their feelings in healthy ways.

Activities

- Look at faces in story books, magazines, neighborhood newspapers... Ask your child, **"How do you think this person feels?"** Help or direct when needed. **"Do you think they are sad? What could they do to feel better?"**
- Draw or connect the faces to the feeling:

I'm angry

I'm sick

I'm sleepy

I'm afraid

I'm sad

I'm happy



durham.ca/kidscan

If you require this information in an accessible format, contact 1-800-841-2729.



Kids Can Activities



Resilience - The ability to handle life's ups and downs in positive ways.

Find resources for kids, youth and teen mental health at durham.ca/mentalhealth

Building Trust



Together make family rules that you can hang on the wall.

Put a blindfold on your child and have them navigate a pillow obstacle course with you giving them directions. Switch roles.

Building Self Esteem



Create a Wall of Fame showcasing talents and achievements.

Give your child a task and praise them when they follow through on it.

Problem Solving



Look for problems that your child can solve.

Hide a toy and have your child find it by giving clues.

Self Control



Do any activity, such as a board game, where your child has to wait for their turn.

Plant a seed or a bean and track it's growth. Maintain photos of the stages.

Creative Play



Turn up the music and dance with your child.

Put on costumes and role play.

Learning from Loss



In autumn, talk about how leaves on the ground compost and make the soil healthier.

Play "Chutes & Ladders" and talk about life's ups and downs.

Confidence Building



Let your child lead a game of Simon says.

Include your child in household chores like making a grocery list, matching socks...

Change Management



Play 'school' with your child focusing on learning letters and numbers.

Provide a countdown to when the change is happening (e.g. 10 min, 5 min, 1 min).

Empathy



Have your child choose some of their old toys to give away and decide where you could take them.

Read a story with your child and help them identify what each character is feeling.