

FEELINGS CHAIN

WHAT:

It is important to observe how children are coping with the changes that have occurred in their lives. With these challenging and uncertain times, parents need to check in with their children not only physically, but emotionally as well.

Begin each day with a quick feelings check-in with your child. Ask them how they are doing? Ask them to tell you using their feelings words. Worried, scared, content, secure, safe, unsafe, unsure, disappointed, etc.

Using your feelings chain, ask your child to write a feeling they are experiencing on one side of the paper. If your child is having a day where they are experiencing negative feelings, ask your child to think about what would help them to feel better and write that on the back of the strip of paper. If your child is having a day where they are experiencing feelings of safety and security, ask them to write why and how they continue to have a positive day!

MATERIALS:

- Construction paper
- Stapler, tape, or glue
- Marker

HOW TO:

- Cut construction paper into strips 2 inches wide and about 8 inches long.
- Ask your child to write how they are feeling and to write those words on one side of the paper.
- Ask your child to write what they can do to either feel better or to continue the positive feeling they are experiencing.
- Staple, tape, or glue the strip into a ring and attach to the previous ring.
- You may choose to pair this activity with the Safety Barometer Activity and make your rings out of green, yellow, or red construction paper.

