

# How do you feel today?

## What you need?

- Paper
- Happy and sad face
- stickers

## How to?

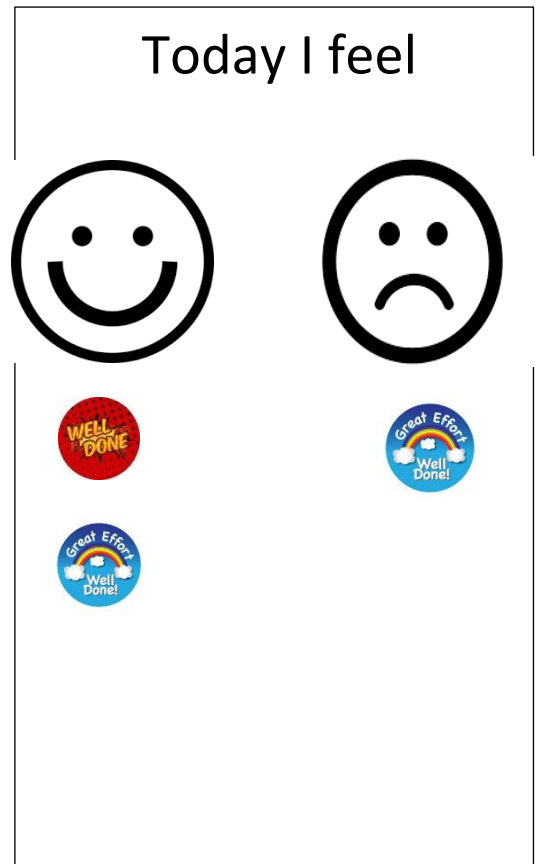
Glue or draw a happy and sad face at the top of the paper.

At the start of each day ask your child how they are feeling.

Children can then stick a sticker under the happy or sad face.

When expressing how they feel children can also sign the emotion using Makaton signs below.

You can repeat this at the end of the day to see if their emotions have changed. If they have explore why.



## Makaton signs

