



**What Is My Child Learning?**

Your child is learning to identify other people's feelings based on physical, verbal and situational clues; and that people can have different feelings about the same situation.

**Why Is It Important?**

Identifying how others feel and understanding that feelings can differ will help children have empathy for others.

**Ask your child: What clues on someone's face or body, or in the situation, would help you tell that the person feels *embarrassed*? What about *excited*?**

**Read Together**

There are many different feelings. Some are comfortable, and some are uncomfortable. You can focus your attention on someone's face or body and on the situation for clues about how he or she is feeling.

People can have different feelings from you about the same situation—and that's natural! Noticing other people's clues and understanding how they might be feeling will help you have empathy for them.

**Practise Together: Same or Different?**

1. Read the scenarios below together, and write how each of you would feel for each scenario.
2. Compare the two feelings for each situation. Check off whether you feel the same or different.
3. Are your feelings usually the same or different? \_\_\_\_\_

Scenario	Child Feels	Adult Feels	We Feel
You are getting in an elevator to go to the top of a very tall building.			<input type="checkbox"/> the same <input type="checkbox"/> different
There is a big storm outside, and you have to stay at home from school or work.			<input type="checkbox"/> the same <input type="checkbox"/> different
You are asked to introduce a new person at school or work to everyone else.			<input type="checkbox"/> the same <input type="checkbox"/> different
You are listening to ghost stories.			<input type="checkbox"/> the same <input type="checkbox"/> different
You are invited to go to the circus.			<input type="checkbox"/> the same <input type="checkbox"/> different

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)