Daily Dad FEELINGS

A DAILY DOSE OF DADDY

Ages 3–5

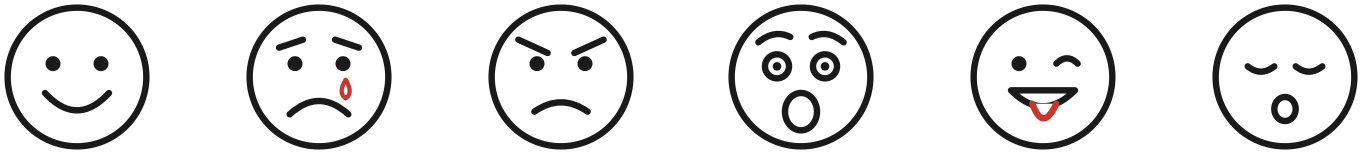
DOSE 1 OF 365

How do you feel today? Circle yours · Dad ★ yours



Every feeling has a name. Say it!

Point and name each feeling (Dad reads. Make the face too!)



Happy · Sad · Mad · Scared · Silly · Tired

Copy-cat faces: Dad makes a feeling face. You copy it and say its name. Switch!

Draw your face today

☆ Star it if it's a keeper!

When big feelings come, I can... (circle one!)

- Take 3 slow breaths
- Hug Dad
- Say how I feel
- Smell the flower
- Take a quiet break
- My idea:

LET'S TALK: How do you feel right now?

1. **Dad goes first.** Show him: "I feel happy. I'm with you!"
2. **Kid goes second.** Point to a face and say its name.

DAD JOKE OF THE DAY What do you call a sleeping dinosaur?

A dino-snore!

Kid(s): _____ Dad: _____ Date: _____

Wise Words: *Feelings come from what we think. We can stop and think again.* — Epictetus