

Daily Dad FEELINGS

Ages 6–8

A DAILY DOSE OF DADDY

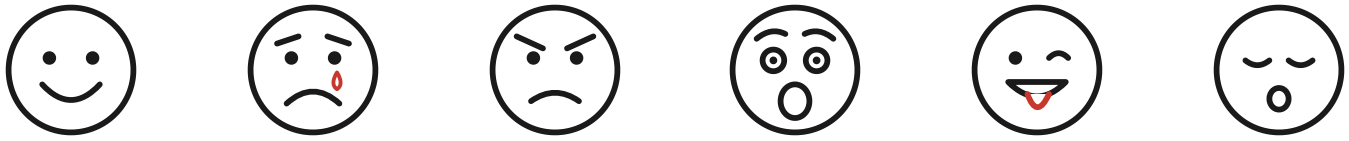
DOSE 1 OF 365

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



Feelings have names. Let's learn them!

Read each feeling word (then make the face!)



Happy Sad Mad Scared Silly Tired

Feelings detective: Dad makes a face. You guess the feeling and say its name. Switch!

Draw how you feel today

I feel _____.

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

- Take 3 slow breaths
- Count to 10
- Hug Dad
- Say "I feel..."
- Drink some water
- My idea:

LET'S TALK: What was your biggest feeling today? Why?

1. **Dad goes first.** Name it: "I felt proud when you helped me."
2. **Kid goes second.** Name your feeling and what made you feel it.

DAD JOKE OF THE DAY

Why did the teddy bear skip dessert?

It was already stuffed!

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

Wise Words: *"It is not the things themselves that disturb men, but their judgements about these things."* — Epictetus