

# Daily Dad FEELINGS

## Ages 9–12

A DAILY DOSE OF DADDY

DOSE 1 OF 365

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

# Name it to tame it. Find the word!

## Feelings have bigger words (circle any you felt this week)

| Happy | Sad | Mad | Scared | Embarrassed | Tired |
|---|---|---|---|---|---|
| proud<br>excited | lonely<br>let down | frustrated<br>annoyed | nervous<br>worried | shy<br>awkward | sleepy<br>worn out |

**Feelings charades:** Act out a feeling with no words. Dad guesses its name. Switch!

### My feelings check-in

Me: I feel _____

because _____

Dad: I feel _____

because _____

**How big is my feeling?** (circle)

( ) ( ) ( ) ( ) ( )

tiny HUGE

### When a feeling gets big, I can... (circle one)

- Breathe in 4, out 6
- Take a walk
- Write it down
- Put on music
- Talk to Dad
- My idea:

**LET'S TALK: What feeling was hard to name this week?**

1. **Dad goes first.** Be exact: "Not mad. I felt frustrated in traffic."
2. **Kid goes second.** Pick the most exact word for your feeling.

**DAD JOKE OF THE DAY**

Why are frogs always so happy?

They eat whatever bugs them!

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

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