Daily Dad FEELINGS

A DAILY DOSE OF DADDY

Ages 3–5

DOSE 2 OF 365

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

Feelings live in your body. Find them!

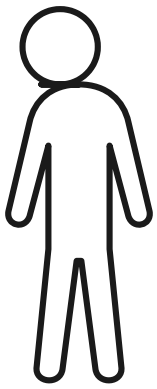
Would you rather? (Dad reads. You point to one!)

When I'm happy...	When I'm mad...	When I'm scared...	When I'm sad...
Jump or Clap	Stomp or Squeeze	Teddy or Hug Dad	Snuggle or Blow

Freeze dance: Dad calls a feeling. Show it with your WHOLE body, then freeze! Switch!

Where do you feel it?

(color it!)



Happy = yellow Mad = red

Body clues (point and say it!)

- Thump-thump heart
- Hot face
- Wiggly tummy
- Wet eyes
- Tight hands
- My idea:

LET'S TALK: Where do you feel happy in your body?

1. **Dad goes first.** Show him: "When I'm happy, my face smiles big!"
2. **Kid goes second.** Point to where you feel happy.

DAD JOKE OF THE DAY

What has hands but can't clap?

A clock!

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

Wise Words: *When a big feeling comes, tell it: wait a little. Let me look at you.* — Epictetus