

Daily Dad FEELINGS

Ages 6–8

A DAILY DOSE OF DADDY

DOSE 2 OF 365

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



Your body talks. Listen to it!

Would you rather? (circle one in each!)

When you're happy... **jump up high** or **do a silly dance**	When you're mad... **stomp your feet** or **squeeze a pillow**	When you're scared... **hold Dad's hand** or **hug a teddy**
When you're sad... **get a big hug** or **snuggle a blanket**	When you're excited... **clap your hands** or **wiggle all over**	When you're tired... **stretch up tall** or **yawn really big**

Body detective: Dad shows a feeling with only his body, no face! You guess it. Switch!

Where do you feel it?

(color it!)



Mad = red Happy = yellow

Scared = blue

Body clues (circle the ones you get!)



Fast heart



Hot face



Butterfly tummy



Tears



Tight fists

My idea:



LET'S TALK: Where does your body feel it when you're mad?

1. **Dad goes first.** Tell a real one: "When I'm mad, my face gets hot."
2. **Kid goes second.** Point to where you feel mad. What does it feel like?

DAD JOKE OF THE DAY



Why can't your nose be 12 inches long?

Then it would be a foot!

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



Wise Words: *"Wait for me a little, O impression; allow me to see who you are"* — Epictetus