

Daily Dad FEELINGS

Ages 9–12

A DAILY DOSE OF DADDY

DOSE 2 OF 365

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



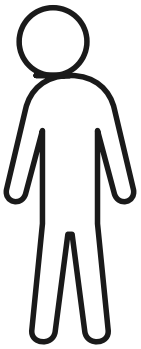
Feelings show up in your body. Spot them!

Would you rather? (circle one, then tell Dad where in your body you'd feel it)

Sing a solo **or** Give a speech	Biggest roller coaster **or** Tallest water slide	Lose by 1 point **or** Lose by 10 points
Wait a week for a gift **or** Wait a day for a shot	Be the new kid **or** Meet a new coach	Score the winning goal **or** Get a surprise party

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

Map it! (color it)



Mad = red Nervous = blue Happy = yellow

Body clues (check the ones you get, and when)

- ☐ Heart races
- ☐ Face gets hot
- ☐ Tummy flips
- ☐ Jaw gets tight
- ☐ Shoulders creep up
- ☐ Eyes sting
- ☐ Hands make fists
- ☐ Body feels heavy

Same clue, different feeling: a racing heart can mean scared OR excited!



LET'S TALK: What's the first body clue you get when you're nervous?

1. **Dad goes first.** Be real: "Before a big meeting, my stomach flips."
2. **Kid goes second.** Tell your first body clue and when it happens.

DAD JOKE OF THE DAY



Why don't skeletons fight each other?

They don't have the guts!

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

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