

ORGULLOSO
ORGULLOSA
proud

ENOJADO
ENOJADA
mad

FRUSTRADO
FRUSTRADA
frustrated

CELOSO
CELOSA
jealous

AGRADECIDO
AGRADECIDA
thankful

ASUSTADO
ASUSTADA
scared

PREOCUPADO
PREOCUPADA
worried

CANSADO
CANSADA
tired

AMADO
AMADA
loved

FELIZ
happy

VALIENTE
brave

GRACIOSO
GRACIOSA
funny

SOLO
SOLA
lonely

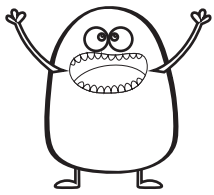
TRANQUILO
TRANQUILA
calm

ENFOCADO
ENFOCADA
focused

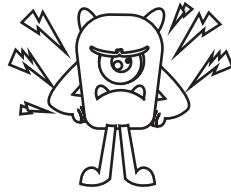
TÍMIDO
TÍMIDA
shy

CONFUNDIDO
CONFUNDIDA
confused

NERVIOSO
NERVIOSA
nervous



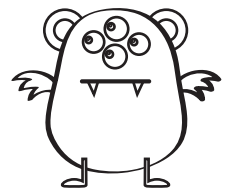
**ORGULLOSO
ORGULLOSA**
proud



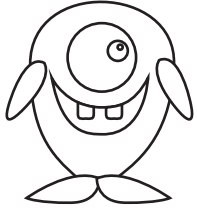
**ENOJADO
ENOJADA**
mad



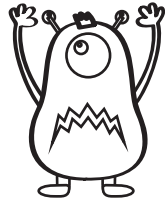
**FRUSTRADO
FRUSTRADA**
frustrated



**CELOSO
CELOSA**
jealous



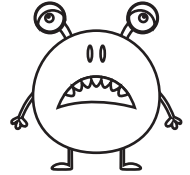
**AGRADECIDO
AGRADECIDA**
thankful



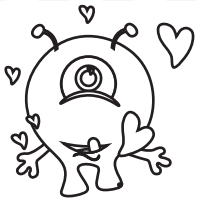
**ASUSTADO
ASUSTADA**
scared



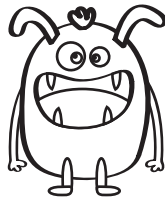
**PREOCUPADO
PREOCUPADA**
worried



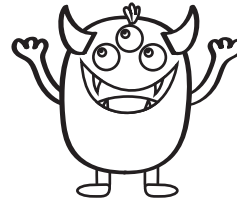
**CANSADO
CANSADA**
tired



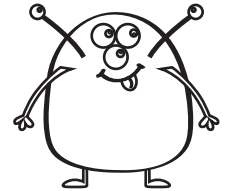
**AMADO
AMADA**
loved



FELIZ
happy



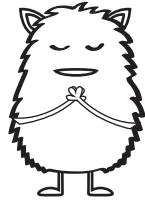
VALIENTE
brave



**GRACIOSO
GRACIOSA**
funny



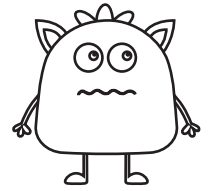
**SOLO
SOLA**
lonely



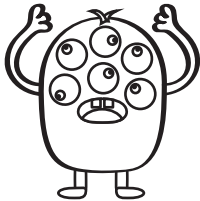
**TRANQUILO
TRANQUILA**
calm



**ENFOCADO
ENFOCADA**
focused



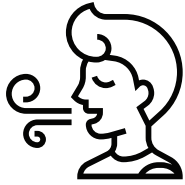
**TÍMIDO
TÍMIDA**
shy



**CONFUNDIDO
CONFUNDIDA**
confused



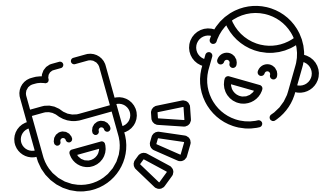
**NERVIOSO
NERVIOSA**
nervous



respirar profundo.
take a deep breath.



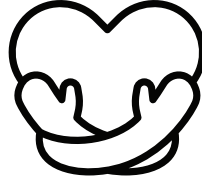
pedir ayuda.
ask for help.



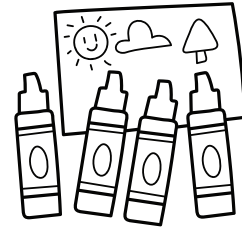
hablar con un amigo.
talk with a friend.



hacer ejercicio.
exercise.



pedir un abrazo.
ask for a hug.



dibujar.
draw.

Keep learning & playing:

- Choose a feeling card. Have your child look in a mirror and act out the feeling.
- Look through your favorite books. Ask your child what each character is feeling.
- Dance to a fun song. Ask your child how they feel while singing and dancing.
- Talk about how characters in your favorite movie feel. Naming each feeling helps children express themselves and grows their social and emotional learning.

Calm down kit:

Creating a kit together is the perfect way to talk about feelings. It empowers children to recognize and regulate how they feel. Explore the items in the kit and role-play how to use each item before they are needed.

What to include:

- | | | |
|---------------------------|---------------------------------------|--------------------|
| -feelings cards | -weighted or soft blanket | -small containers |
| -soft plush animal | -stress ball | or bags with |
| -sensory calm down bottle | -paper bag to ball up or breathe into | kinetic sand, |
| -bubbles | -crayons and a notebook | dry pasta or beans |
| -pinwheel | -sensory balls | for tactile |
| -fidget toys | -coloring book | stimulation. |