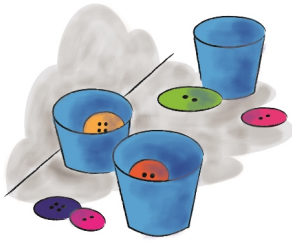


A Jar Full of Feelings

Age: Preschool-age (3-4 years)

This activity helps your child's development in this domain: Social-Emotional

What You Need:



- Clear plastic jar
- Pom-poms of different colors

What To Do:

1. Have your preschooler choose a pom-pom color for different emotions, e.g., yellow=happy, blue=sad, purple=nervous, etc.
2. When talking with your preschooler on how she is feeling, have her fill the jar with the corresponding colored pom-poms to show how she is feeling. For example, she may pick 10 blue pom-poms and 2 yellow pom-poms because she's feeling very sad, but also a little happy.
3. Talk about and/or problem-solve what she could do to remove or add pom-poms to her feeling jar, associating it with how she's feeling. For example, "I'm sorry you're feeling sad today, but I see you're also a little happy. What can we do to make you feel happier?"
4. Dump the pom-poms out and have the jar ready for next time.



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