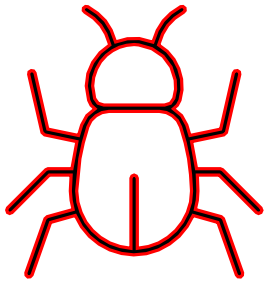


Summary of the Lesson

Sharing our Feelings

Sharing our feelings can be **HARD**

A **BUG** and a **WISH** can help us share our feelings with others



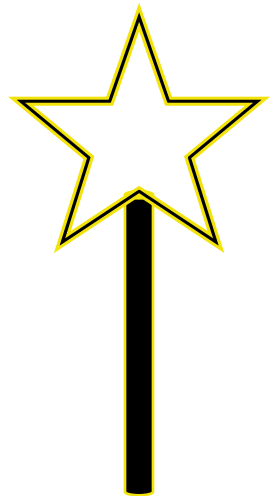
A bug: It bugs me when _____

A wish: I wish _____

Helps us share how we feel and others to understand
how we are feeling

Important we practice this using a calm voice

This will help us feel calm and heard.



The Challenge: Practice sharing your feelings using a bug and a wish.

Resources for Parents

Helping Kids Identify and Express Feelings: Some tips to encourage your child to express their feelings. It also gives helpful ways to help kids develop skills they need to manage their emotions effectively.

<https://kidshelpline.com.au/parents/issues/helping-kids-identify-and-express-feelings>

5 Ways to Help Young Kids Communicate Their Emotions: This blog post encourages 5 ways for parents to help their kids communicate their emotions including: Helping your child recognize their emotions everyday, reading books about emotions, how shows and movies can jump-start discussions, teaching parents coping skills, and being creative. <https://psychcentral.com/blog/5-ways-to-help-young-kids-communicate-their-emotions/>

Talking About Your Feelings: Teaching kids how to know their feelings. This article encourages them to speak to someone and to share their feelings at any time. <https://kidshealth.org/en/kids/talk-feelings.html>



Sharing Our Feelings

Work through the following examples with your child to practice using a bug and a wish. Each example is general, so caregivers are able to incorporate real life scenarios. There is a printout on the following page to use as a reference. It is important that we listen effectively and understand how they are feeling. The parent resources above will provide more detail.

Someone takes something from you that is yours	You are asked to pick up your toys and you do not want to
A friend calls you a mean name	You want something from the store, but you are told no
Someone will not let you play with them	You want to have a cookie, but you are told no
You are asked to do something you do not want to do	You want to go to the park, but are told you have to wait
You want something your friend has, but they will not let you have it.	You are asked to do your work at school, but you don't want to.
You are trying to talk to someone, but they aren't really listening	Can you think of other examples?



A Bug and A Wish Cut-out

Cut out the pictures and glue each of them on a popsicle stick. On the popsicle stick you can write "It bugs me when" and "I wish" as some helpful prompts

