**Grades K-1**

**DO IT TOGETHER:**
Invite your child to draw a picture of each family member feeling a different emotion!

**Grades K-1**

**TALK ABOUT IT:**
Emotions are powerful! Ask: have you ever felt excited around bedtime? How did that affect your ability to fall asleep?

**Grades K-1**

**TALK ABOUT IT:**
We all have feelings all the time. Ask your child: why do you think some people say feelings take us on a rollercoaster ride?

**TALK ABOUT IT:**
Have you ever forgotten to do something because you were feeling a lot of emotions about something else? Share memories of that.
Grades K-1

DO IT TOGETHER:
Our bodies give us clues about our emotions. Can your child show you what they look like when they feel happy? Disappointed?

Grades K-1

DID YOU NOTICE:
Ask your child: If your heart is beating fast and hands are sweaty, how might you be feeling? Guess some emotion words!

Grades K-1

TALK ABOUT IT:
We all have many unpleasant and pleasant emotions! Share how you’re feeling with your child today and ask them to do the same.

Grades K-1

DID YOU NOTICE:
One night this week, ask your child to notice how they are feeling before bedtime. What’s happening inside their body? Mind?

Grades K-1

TALK ABOUT IT:
Conversations about feelings help us understand ourselves. Share a photo that makes you happy. Ask: What makes you feel happy?

Grades K-1

TALK ABOUT IT:
Keep talking about emotions! Pick a story character who feels proud. Ask: why do they feel that way? What makes you proud?
Grades K-1
DO IT TOGETHER:
Putting emotions into words helps communicate how we feel. Act out 3 different emotions and see if your child can name them!

Grades K-1
TALK ABOUT IT:
In the morning and at the end of the day, ask: in one word, how are you feeling? (Aim for an emotion word). You share too.

Grades K-1
DO IT TOGETHER:
There are many fun ways to build your feeling word vocabulary! Select 5 emoji faces & ask your child to name each feeling.

Grades K-1
DO IT TOGETHER:
When reading together, ask how the main character is feeling at different points. Go for specific emotion words!

Grades K-1
TALK ABOUT IT:
We can choose how we show our feelings to others. Take turns sharing a time you handled your feelings in a way you felt good about.

Grades K-1
DID YOU NOTICE:
Find times this week to acknowledge your child for handling their feelings well.
**Grades K-1**

**TALK ABOUT IT:**
Openly expressing our care for others helps us feel close. What are 3 ways you show love and kindness to family members?

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**Grades K-1**

**DO IT TOGETHER:**
Together, make a list of ways to show others love and kindness. Share it with other family members!

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**Grades K-1**

**TALK ABOUT IT:**
When we manage emotions well, our children learn to do the same. Explore one thing you could both do to make the morning routine easier.

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**Grades K-1**

**DID YOU NOTICE:**
Share strategies you have for shifting from feeling anxious to feeling calm. Try them together with your child!

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**Grades K-1**

**TALK ABOUT IT:**
Having feelings is different from acting on them. Find and talk about a book character who handled strong emotions in a helpful way.

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**Grades K-1**

**DO IT TOGETHER:**
Talk about ways you both handle strong emotions well. Draw a picture of yourselves using great emotion skills.

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