

Classroom Guidance Assignment

1. Watch

Watch the episode: "All Aboard."

<https://pbskids.org/learn/lifes-little-lessons/use-your-words/>



2. Talk About It

After watching the video, you could start a discussion:

Katerina and Daniel are pretending to be on a train and want to do different things.

- What does Katerina do? Does Daniel understand her "Grrr?"
- How does he finally understand? What does she say?
- Have you ever become angry at someone because you wanted to have things go your way and they didn't? What did you say or do? What happened?
- Did you ever help someone practice how to use his or her words?



Play & Explore

- Ask your child to name as many feelings as they can.
- Record their responses and call attention to the fact that these are the names of feelings.
- Use body language as well as facial expressions to pantomime the feelings as you write them.
- For example:
 - Happy (clap your hands, laugh)
 - Sad (rub your eyes, pretend to cry)
 - Surprised (jump, raise your arms)
 - Afraid (shiver, bite your nails)
 - Angry (stomp your feet, grit teeth)
- Invite them to use body language and facial expressions to show the different feelings, either just as you have demonstrated or in their own way.
- If your child is still engaged, have them draw faces to show the different feelings you just talked about. Be sure to label the faces with the corresponding words.