

Using Your Words

Rudy was having a hard time. Rudy's daddy, Freddy, helped him with his big feelings. First, he let Rudy cry and yell. When Rudy's body was calmer, his daddy helped him name his feelings. Then he offered Rudy a hug.

Color the picture. A grown-up can read the words Rudy can use next time to tell his daddy how he's feeling. Why do you think Rudy may have these big feelings? Have you ever felt those feelings? What helps you feel better when you're having big feelings?

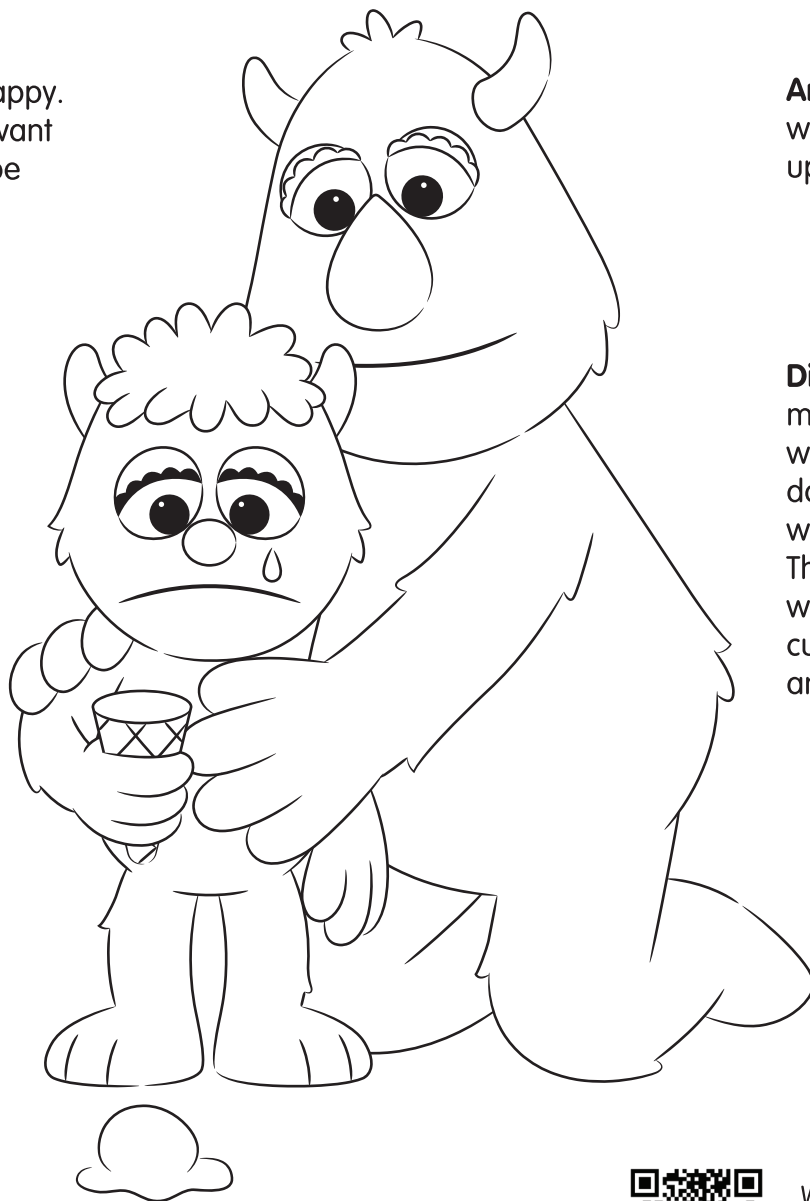
Sad: We feel sad when something makes us unhappy. Sadness often makes us want to cry and be cuddled or be quiet and alone.

Tired: You feel tired when you haven't gotten enough sleep or rest. This often makes us want to cry and be cuddled or be quiet and alone.

Frustrated: Frustrated is a feeling you have when you try to do something but no matter how hard you try you just can't.

Angry: We feel angry when we feel very upset about something.

Disappointed: We may feel disappointed when something doesn't happen the way we wanted it to. This often makes us want to cry and be cuddled or be quiet and alone.



Watch this video to see how Rudy's daddy Freddy helps him.