

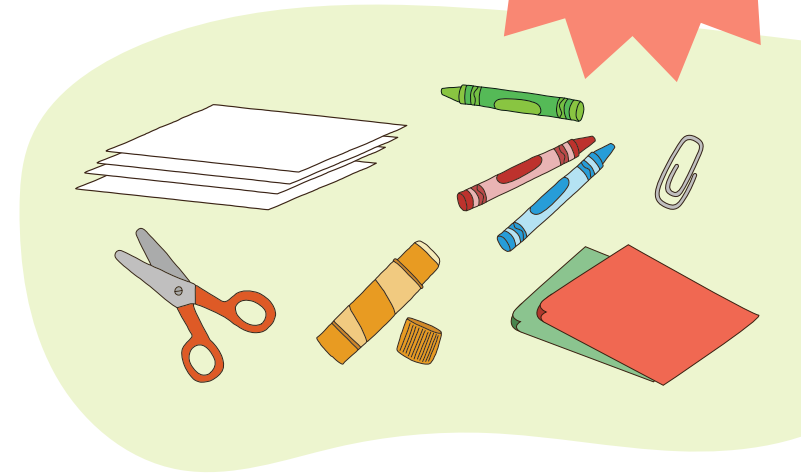
• DIY Feelings Meter •

Play
With a
Purpose

Help your child share how they are feeling with this DIY Feelings Meter. Your child can move the arrow back and forth to express the feelings they experience throughout the day.

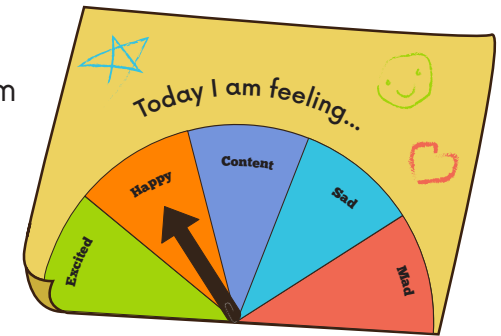
What you'll need:

- 8 1/2 x 11 paper
- Crayons or markers
- Scissors
- Glue
- Construction paper
- Paper Clip



INSTRUCTIONS FOR CAREGIVER AND CHILD:

1. Print out the My Feelings Meter.
2. Have your child color in the different sections of the meter and the arrow.
3. Cut out the half circle of the meter and the arrow. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the half circle of the meter and the arrow. If they are not ready to use scissors, you can hold their hand and cut the pieces together.
4. Have your child glue the meter on to a piece of construction paper.
5. Help your child attach the arrow to the meter with the paperclip.
6. Now you are ready to Play With a Purpose! Ask your child to move the arrow so that it is pointing to their current feeling. Take advantage of this opportunity to talk with your child about what makes them happy or sad. Recognizing feelings is an important school readiness skill.



Making crafts and doing activities is always fun! But remember, **Playing With a Purpose** is being actively engaged in your child's play. These activities are intended to enjoy together at the same time you ensure your child's safety and offer help as needed.



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DIY Feelings Meter



The Children's Reading Foundation

Read Together 20 Minutes Every Day™

Today I am feeling...



Content

Happy

Sad

Excited

Mad