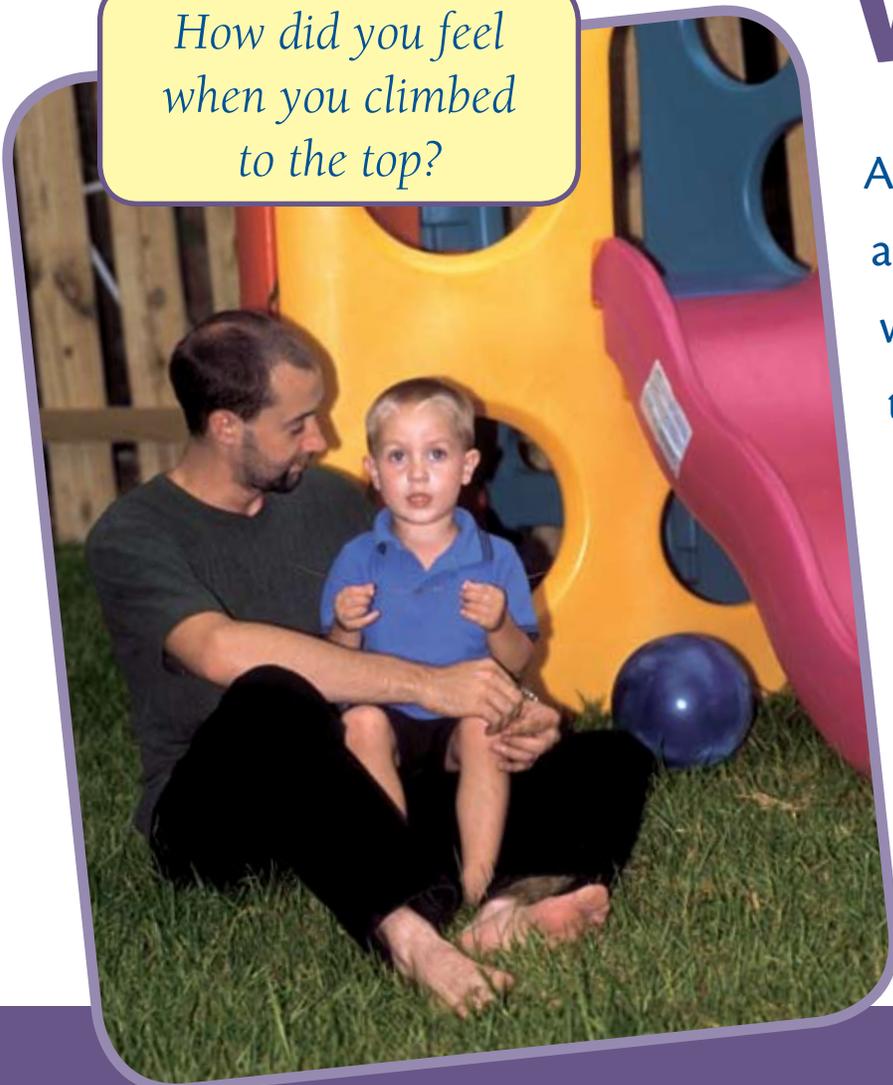


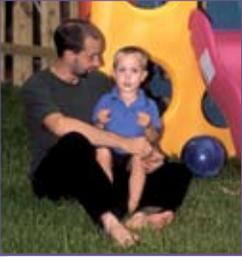
# How Did You Feel When ...?

*How did you feel  
when you climbed  
to the top?*



After a game of physical activity, share a quiet moment with your child as you both think back on and talk about your feelings during the game.

Recalling feelings right after they have happened will help your child learn how to explain himself to others.



## Why this is important

You can ask questions in a way that will help your child recall and tell about how he was feeling during an active play experience. When he hears the question immediately after the experience, he can put together the recent actions with the feelings he had at that time. Understanding his feelings helps him to make decisions about trying an activity again. The remembrance of a sensory feeling helps to recall the word for it.

## What you do

- Sit quietly with your child after an active session of exciting play such as riding a bike or playing ball. Ask, *Can you tell me what was the hardest thing you just did?*
- Wait as your child recalls the experience. Respond to his answer by repeating it back to him and adding a question: *Pushing your feet was hard. But you did it anyway, didn't you?*
- Suggest a few choices if he cannot remember: *Was it steering? Was it catching the ball in time?*
- Ask him other questions to help him remember the feel of the experience: *What felt the easiest? The scariest? The best?* Give him choices and ideas if needed.

## Another idea

As he becomes comfortable with this activity, wait longer before asking him to recall. Do you remember how it felt when the ball was coming to you?

### Let's read together!

*Feelings: A First Poem Book About Feelings*  
by Felicia Law