

FAMILY DISCUSSION GUIDE

LET'S TALK ABOUT BIG FEELINGS

WORDS HELP, CONNECTION HEALS.
TOGETHER WE GROW.

GIVE A GUESS, NOT A QUIZ.

It's okay to be wrong—your child gets a word to accept or correct.

TRY TOGETHER: IDEAS FOR CONNECTION

FEELINGS WEATHER



At dinner, everyone shares their inner weather—sunny, stormy, or foggy—and one reason why.

FEELINGS FACES



Make faces in the mirror and name each feeling out loud.

UPGRADE THE WORD



When "good" or "bad" isn't enough, try: Sad? Worried? Frustrated?

STORY CHECK-IN



While reading together, pause and ask how a character feels and how you know.

NAME THE MIX



Talk about how two feelings can happen at once—like excited AND nervous.

REMEMBER

Your child's inner voice is growing. Kind words today build confidence, resilience, and emotional strength tomorrow.

DISCUSSION STARTERS

1 NOTICING OUR FEELINGS
What are some of the feelings you felt today?



2 NAMING THE BIG ONES
What big feelings are hardest for you to name?



3 BEHIND THE BEHAVIOR
Can we think of a time when a big feeling was behind something you did or said?



4 WHAT HELPS?
What helps you when a big feeling shows up?



5 WORDS WE CAN USE
What are some new feeling words you're learning? Which ones do you like?



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Understanding minds.



Strengthening connections.