

FAMILY DISCUSSION GUIDE

READ HOW OTHERS FEEL





Helping Kids Notice Clues, Build Empathy, and Connect

I notice he is looking down and has his arms crossed.

I think he might be feeling sad or left out.

BECOME A FEELINGS DETECTIVE!

Look for clues in:

-  the face
-  the voice
-  the body
-  the situation

IN REAL LIFE

At the park, at home, or in school—encourage your child to notice clues and choose a kind response.

REMEMBER

We can't always know exactly how someone feels, but we can notice, care, and respond.

DISCUSSION STARTERS

1

WHAT DID YOU NOTICE?

Tell about a time you noticed how someone was feeling. What clues did you see or hear?

2

WHAT MIGHT THEY BE FEELING?

Look at a picture or think of a situation. What do you think the person is feeling and why?

3

WHAT MIGHT THEY NEED?

If someone is feeling that way, what might they need or want from a friend?

4

HOW CAN WE RESPOND?

What is a kind thing you could do or say to help in that situation?

5

PRACTICE TOGETHER

Let's practice reading feelings clues in a book, a show, or people around us.

TOOLS WE CAN USE



BREATHE
Stay calm



LISTEN
Tune in



EMPATHIZE
Try to understand



TALK KINDLY
Use caring words



HELP
Take kind action



DR. MICHAEL ZAKALIK, PSY.D.
Psychologist for Parenting | Z Psychology



Understanding minds.



Strengthening connections.