

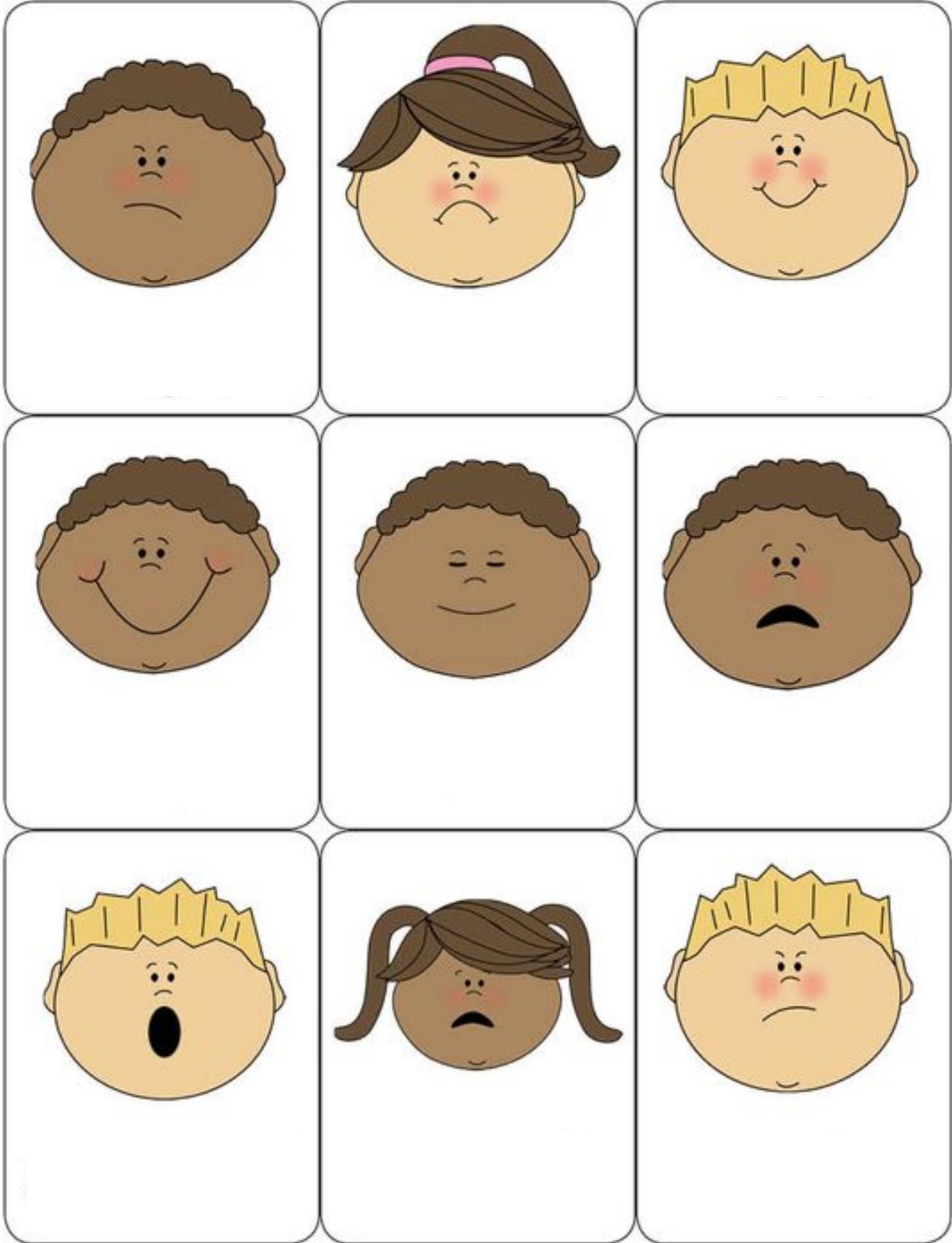
## Feeling Match

**Option 1:** For younger children, Print pages 2-4, one sided on cardstock then laminate. Cut the feeling words apart. With a small group of children use the blank feeling chart (p2) to discuss and help children match the emotions. Use [velcro dots](#) to secure if desired. Page 4 is a complete chart that could be cut apart into individual cards for review as we explore Olivia's feelings on following days.

**Option 2:** For older children, print a copy of page 2 for each child and allow children to write in what emotion they think the picture represents, then discuss answers and share the importance of empathy, the ability to understand and share the feelings of others. This is a crucial skill for older children as they learn about foster care

For more on empathy, <https://www.raisingboysandgirls.com/raisingboysandgirls-blog/girls-boys-empathy>





sad

angry

happy

silly

tired

worried

surprised

scared

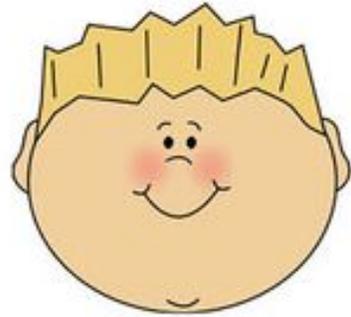
cranky



angry



sad



happy



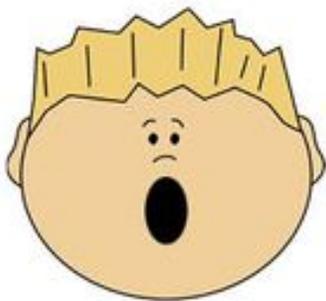
silly



tired



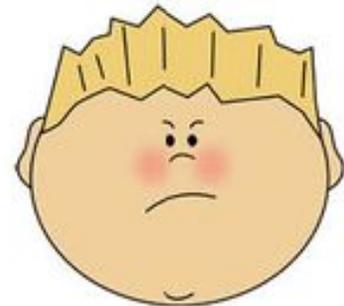
worried



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cranky