

Dear 3-K Family,

We are happy to offer you the Fun with Feelings Play Mat! This tool is a playful way to help your child learn about feelings.

Children and adults are experiencing a lot of stress and emotion during social distancing and the pandemic. Children pick up on the emotions around them and may have big feelings about changes in their routine, worries about their family and the virus, and major life changes. Young children might express big feelings in lots of different ways – like crying, being clingy, acting hyper, or having tantrums about things that wouldn’t usually upset them. You might find it harder than usual to understand how your child is feeling. We hope Fun with Feelings will be a useful tool to find ways to talk about big feelings together.

As your child’s first and most important teacher, you have the power to help your child learn about feelings. Understanding and managing feelings are important skills that young children develop over time in the classroom and at home. These skills help children get along with friends and family, keep trying even when a task is difficult, and succeed in school and beyond. The Fun with Feelings Play Mat Tips give you some ideas for how to get started.



EXPLORE

Point out things you see on the play mat.



TELL A STORY

Make up stories about the people, places, and things you see on the play mat.

You might try making up stories about a child on the playmat who is feeling some of the same big feelings as your child.



MAKE A MATCH

Match feelings and faces.



FILL IN THE FACE

Put feeling faces on the people in the picture.

If you have questions, please talk to your child’s teacher or program leader, or email us at DECEThrive@schools.nyc.gov.

Sincerely,

Division of Early Childhood Education

NYC Department of Education