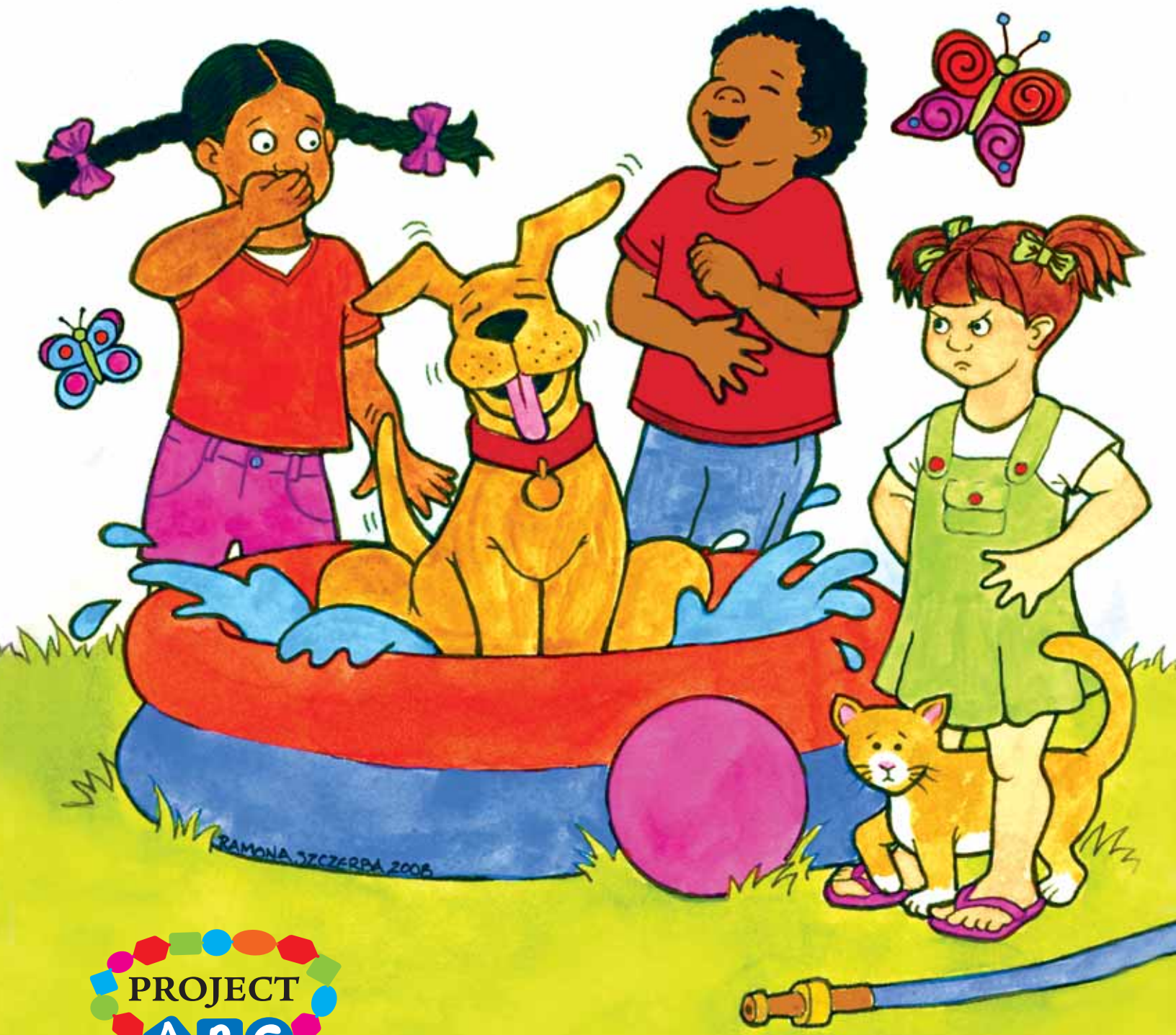
My Feelings Activity Book

For Children 3–6 Years Old



PROJECT ABC

About **B**uilding **C**onnections
for young children and their families

***My Feelings Activity Book* was created to help very young children identify their feelings and learn how to describe them. This book is intended to be read aloud to children by parents, caregivers, preschool teachers, clergy, social workers, therapists, or by any other helping professional. Please use this book as a fun and comfortable way to introduce the topic of feelings and mental health to young children in your care.**

Project ABC is designed to create change at the beginning of children's lives. Even as infants and toddlers, children need support to optimize their healthy social and emotional development. Our goal at Project ABC is to ensure that families, professionals and community organizations work together to support every child's healthy development through awareness of the central role that relationships play in building healthy lives.

Project ABC is a six-year pilot project to help Los Angeles County design an integrated early childhood System of Care service network that is based on family needs and includes families as partners in planning and service delivery.

My Feelings Activity Book editorial team:
Karen Moran Finello, Ph.D., Marie Kanne Poulsen, Ph.D., William Arroyo, M.D., and Tara Rose, Ph.D.

Copyright ©2008 by Project ABC and Children's Institute, Inc. All rights reserved.

My Feelings Activity Book

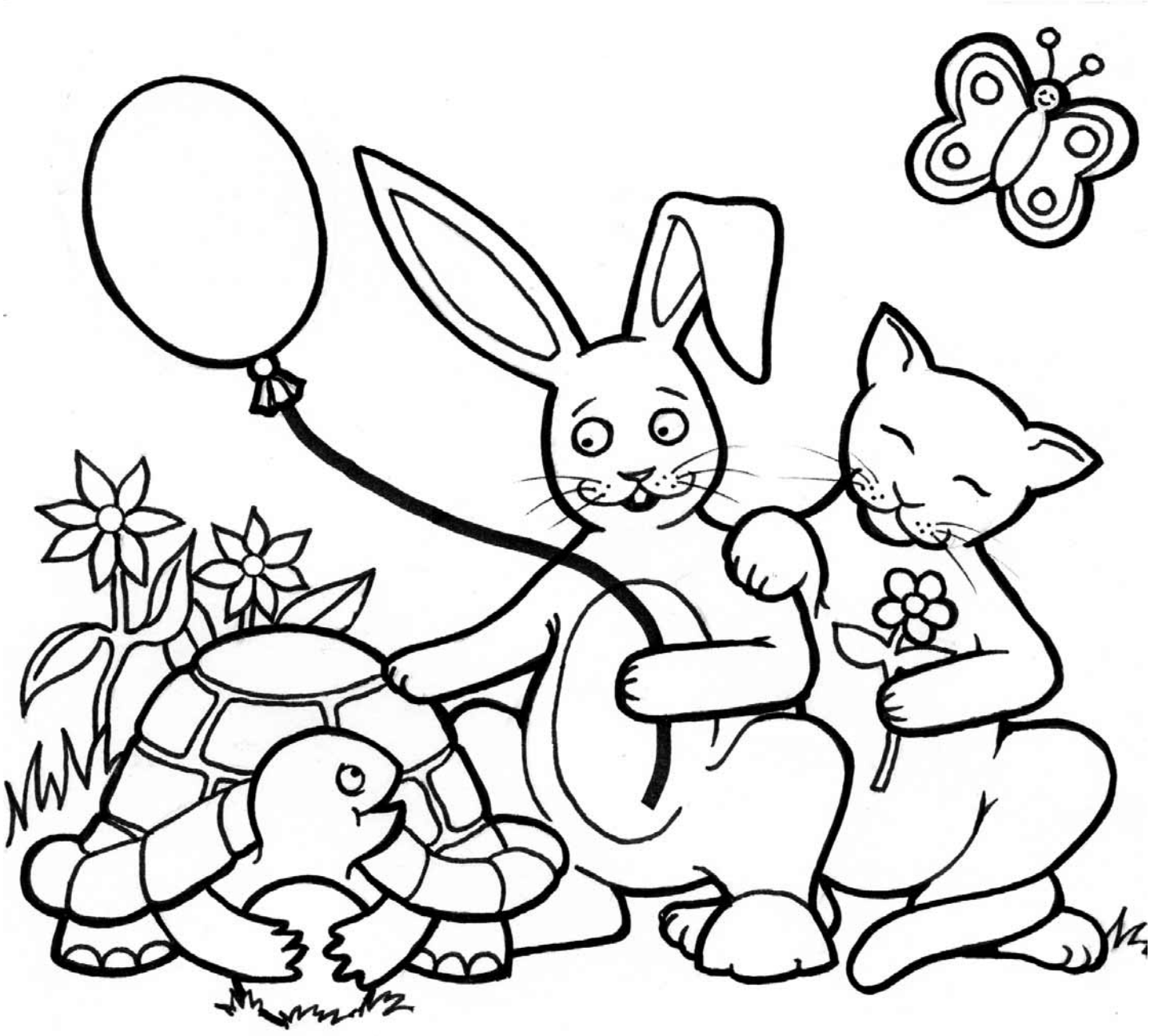
For Children 3–6 Years Old

Created by Kimberley Clayton Blaine, M.A., M.F.T.

Illustrations by Ramona Szczerba, Ph.D.

This activity book belongs to

_____



I like to play with all my friends. They make me happy.

Color your favorite animals.

I follow my mommy. I love her and don't want to get lost.

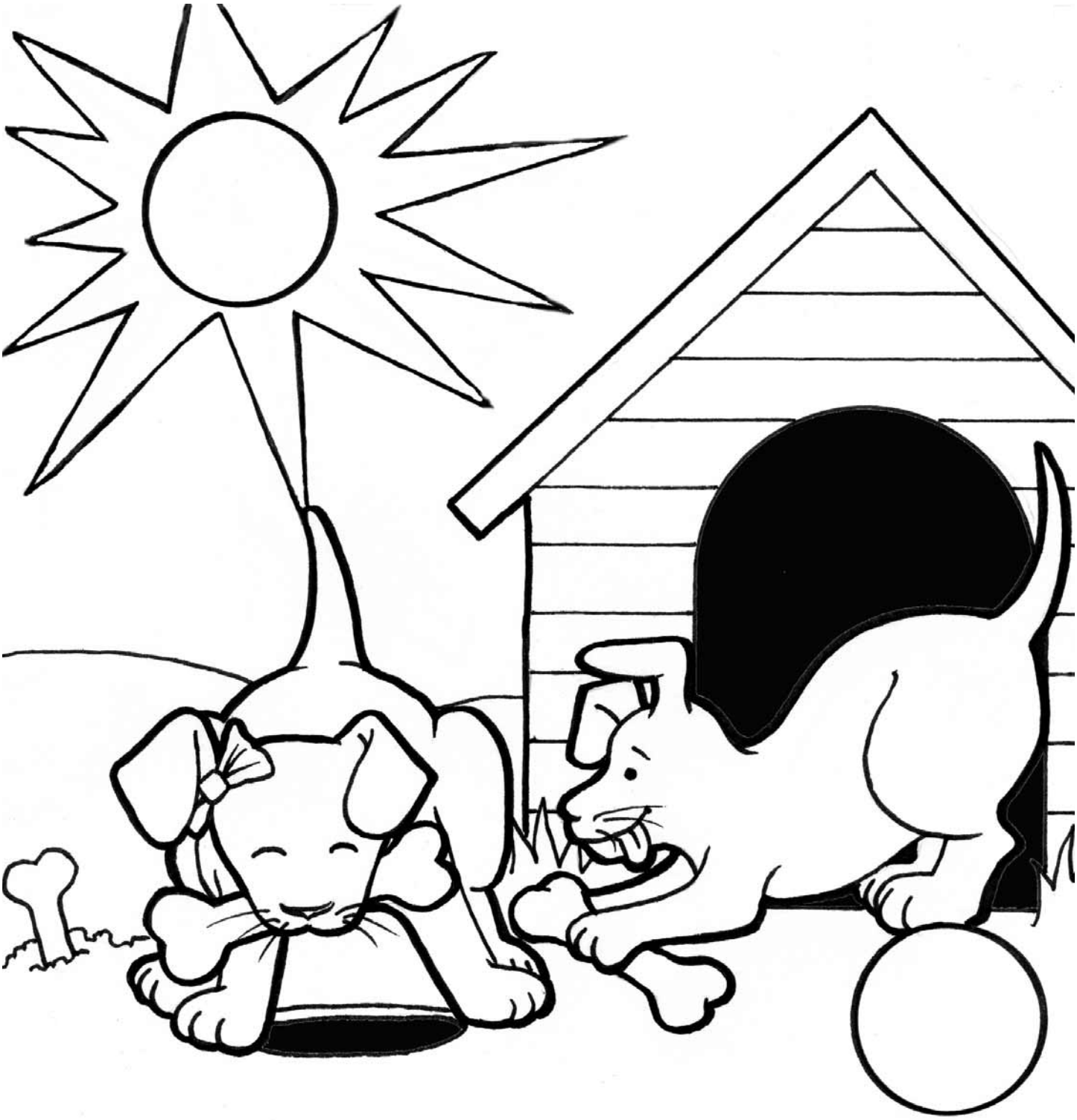
I would be scared and sad if I could not find her.
Can you find my brothers and sisters?

Sometimes I get mad when I have to sit still and be cleaned. I just want to play.

When we are finished, we have fun catching butterflies.
Can you circle the butterflies?

When I am hungry, I get frustrated that it takes so long to get my snack.

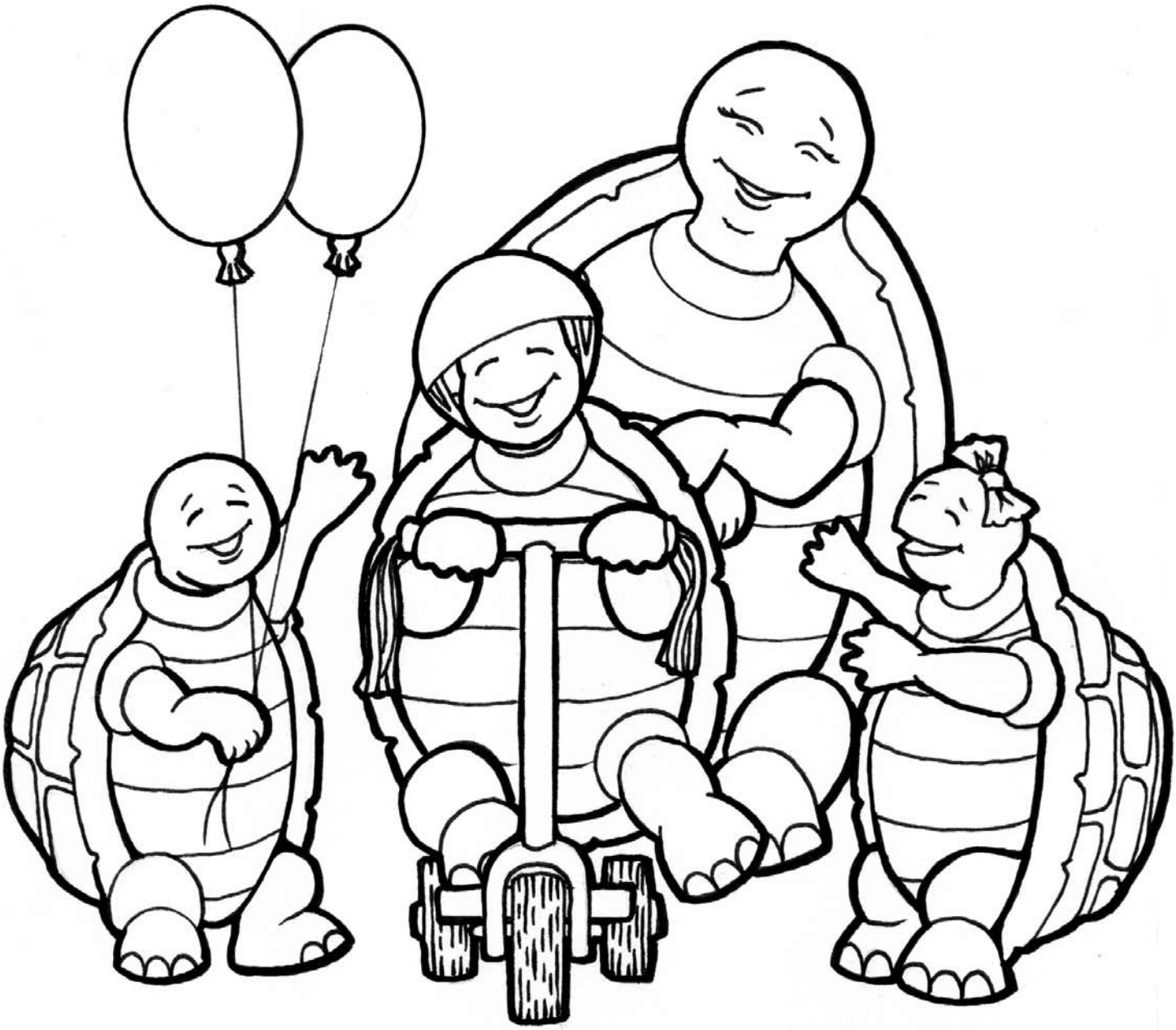
I feel good when I'm finished, so we sing my favorite song.
Can you sing your favorite song?



My sister and I like to hide our doggy bones.
We don't like to stop and go inside. We like to play.

We are calm at bedtime. We read stories and that makes us feel safe. Can you find all of our doggy bones and books?

Sometimes I get worried before I try new things. My mama tells me I can do it if I try. She is there to help me.



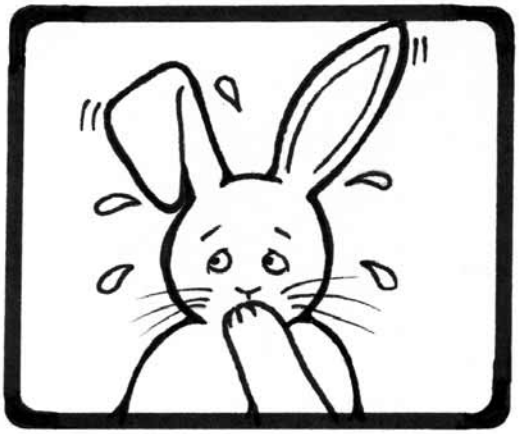
**I tell my parents how I feel, even when I'm sad.
They say it's okay. That makes me feel better.
Can you point to my brother and sister?**

How do you feel today?

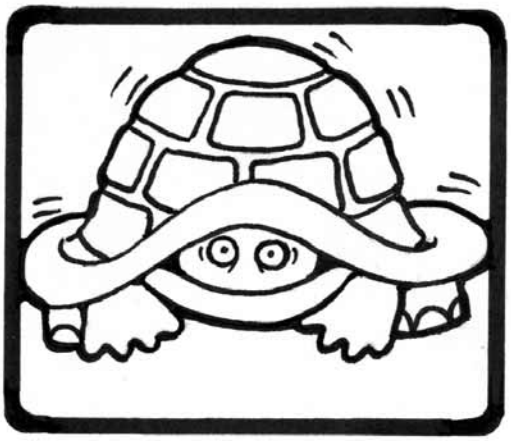
Circle or color the picture.

Calm

Happy



Worried



Scared

Sad

Mad

My Feelings Activity Book is a starting point for a caring adult to introduce and support the emotional development of young children.

To download a copy of this publication please go to **www.ProjectABC-LA.org**
To order a hard copy please call **(213) 385-5100**.

Project ABC is a collaboration of:

- Children's Institute, Inc. – **www.childrensinstitute.org**
- The University of Southern California University Center for Excellence in Developmental Disabilities at Childrens Hospital Los Angeles – **www.uscucedd.org**
- USC School of Social Work – **sowkweb.usc.edu**
- The Los Angeles County Department of Child and Family Services – **dcfs.co.la.ca.us**
- The Los Angeles County Department of Mental Health – **dmh.lacounty.gov**

Project ABC is funded through the Substance Abuse and Mental Health Services Administration – **www.samhsa.gov**

***A**bout **B**uilding **C**onnections*
for young children and their families

www.projectABC-LA.org
(213) 385-5100