



## “Feelings Big & Small” Mini-Session

- **Start with a Mindfulness Moment.**
- **Collect session 3 Family Review:** How did the Sesame Strong activities go last session? What was your favorite resource? Any challenges? Questions?
- **Share this session’s Big Idea (the “why”):** All feelings are OK. Children need positive ways to express them.



**Strategy Spotlight (the “how”):** Notice feelings.

- **Review this session’s resources:**

	Play List		Main Message	Co-Engage Tip
ME TIME	Parent Reading	<b>Expressing Emotions (article)</b>	Children need ways to express emotions of all shapes and sizes.	As you read, underline tips or points that you’d like to remember.
TOGETHER TIME	Explore Together	<b>Feelings and Emotions (video)</b>	When children express and understand their emotions, you’re helping them overcome challenges, understand others, and communicate.	Talk about the feelings Rosita is having. When have you felt those feelings?
		<b>Noticing that Feelings Change (video)</b>	Everyone feels bad sometimes, and that’s okay. Feelings are always changing. We can learn how to handle all kinds of emotions.	Watch together and name some feelings you’ve had today. Have they changed during the day?
	Read Together	<b>Comfy, Cozy Nest (printed)</b>	Grown-ups can model strategies to help ease big feelings.	Cuddle up and read through the story together. How does Alan help Big Bird feel calmer?
	Play Together	<b>Draw What’s in Your Heart (digital game)</b>	Drawing can help children show and share their feelings.	Ask children to tell you about what they’ve drawn.
	Play Together	<b>Feelings Tic-Tac-Toe &amp; Feelings Faces (activity)</b>	Helping children reflect on their feelings encourages them to share feelings with grown-ups.	Play this game together. How many boxes can you each check off today? Use the Feelings Faces page to help name feelings.

### FRIENDLY REMINDERS:

Questions are always welcome. Share with parents the best way to contact you with questions. Review the date/time for your next mini-session and remind families to bring in their review. Thank parents for their partnership and participation.

