

# The emotion detective: discovering what your child feels

## Instructions

Read each of the following scenarios where your child might have a strong emotional response. Write down a similar situation for an adult and how would you feel in that situation.

Child's emotional situation	A similar situation for an adult	How would you feel in the adult situation?
Starting preschool or school for the first time		
Being told by a parent to share your special new toy		
Being told to eat something you don't like		
Birth of a sibling		
Being left out of a group of children playing		
Getting in trouble for scribbling on another child's drawing when this was in revenge for something the other child did		
Thinking there might be monsters in the dark		

