


3 Year Visit

What's the feeling

TIP: Make a face and ask your child to guess what you're feeling—such as, angry, sad, tired, excited, or scared. Then take turns and ask your child to make a face while you guess what they are feeling. Have fun going back and forth.

Brainy Background: Talking about feelings and the faces that go with them, is important for your child to understand how they and other people think and feel. This helps with social skills and friendships in the future. For more activities like these, download the free  app!