

Provider Tip of the Week

March 30, 2022

Activity: What's the Feeling

From our partners at VROOM, here's a fun activity to try in your next visit with a 3-year-old:

Make a face and ask your patient to try and guess what you're feeling—like sad, tired, excited, surprised or scared. Then take turns and ask your patient to make a face while you guess what they are feeling. Have fun going back and forth.

Matching faces and feelings helps children to understand how they, and other people, think and feel. This builds social skills in the future.

Click [here](#) to download the handout.



See the handout!

Provider Tips powered by the **Keystones of Development curriculum**, login at parenting.mountsinai.org/providers/ to learn more.

