LEARNING BENEFIT: NAMING HOW YOU FEEL IS THE REAL DEAL!

The Care Bears use their belly badges to showcase their feelings. But unfortunately we can’t all walk around with pictures of our feelings on our tummies! Identifying, naming, and sharing feelings with others is important because putting feelings into words helps preschoolers:

- Manage Emotions
- Gain Self-Awareness
- Develop Strong Friendships

ACTIVITY: CARE BEARS BELLY BADGE FEELINGS CHART

Help your little care bear learn the words for different feelings and practice naming their emotions with this super fun feelings chart.

1. Print up the Care Bear Belly Badge Feelings Chart. No Printer? No problem, take a screen grab of it on your phone and save it to your photos.
2. Look at the Care Bears with your child and talk about the feeling each one represents.
3. Then, point to a Care Bear that matches how you are feeling. Name your feeling and explain why you feel that way.
4. Next, ask your child how they are feeling and encourage them to point to a Care Bear. Ask them to name the feeling they have, and why they feel that way. You may have to help them out - learning about feelings takes time!
5. Thank your child for being brave and sharing their feelings. (It’s not easy!)
6. Repeat, repeat, repeat! The more kids talk about their feelings, the better they understand them!

Cartoonito Extra: Kids need practice talking about all kinds of feelings, even those that are negative. Ask your child to draw a care bear who is sad or mad or if they can think of a time they felt sad or mad (i.e. if they broke their favorite toy). After you read books or watch movies, ask your child how the different characters felt. Naming and expressing all different emotions helps your child better understand and manage them.