

How do you feel today?

Every day colour the date with your current emotion.

Today if you are feeling happy then colour the present date green, if you are feeling sad then colour the date orange, if you are feeling scared then colour the date red.

Feeling Happy



Feeling Sad



Feeling Scared



JANUARY

01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

01	02	03	04	05	06	07
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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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Encouraging Children's Expression of Emotions Through Colours.

Parents and Teachers understand the Child's Emotions and Responses on a Daily Basis.

Communication is a crucial component of a teacher and parent's relationship with their children. When parents and teachers come across colours in conversations with their children, they can use this as an opportunity to open up further dialogue and ask the child why they have chosen a particular colour to express how they feel. It can be a great way for children to explain their feelings to the adults in their life. This also allows the adults to create an environment that promotes honest communication. When children share how they feel by using colours, adults should inquire further into the feeling. Ask questions like: "How are you feeling? What made you feel that way? What could we do to make it better?" By asking questions in this manner, children can develop healthy relationships with the trusted adults in their life and be honest about their feelings without judgement. Parents and teachers should utilize this language of colours to allow for communication to become easier for their children. This approach allows for conversations to naturally flow and will help both parties to create a trusting and loving relationship.