

How are you feeling?



happy



sad



angry



excited



afraid



shy



guilty



tired



jealous



loved



hopeful



bored



proud



sorry



embarrassed



surprised





Aspiring Families

Center for Mental Health and Wellness



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BIO

Azmaira Maker, Ph.D., is a licensed clinical psychologist with over twenty-five years of experience, and is the founding director of Aspiring Families, Center for Mental Health and Wellness. Her exceptional training in the dual Child and Family Program and Adult Program at University of Michigan provides her with expertise in life-span development, therapy, and assessments with children, adolescents, and adults.

Directions

1. Review the emotions and faces displayed on the chart with your child when they are calm and focused.
2. Role play, act out, puppet play, and tell stories using the different emotions and feeling faces. Practice frequently.
3. When a child is crying or having a tantrum (showing their emotions through their behavior), let them calm down and then ask the child to point to the faces for the feelings they are experiencing.
4. Validate and repeat that feeling to the child, "I understand you are feeling sad/mad/scared, etc."
5. When the child is calm and focused, ask the child while pointing to the feeling face, "You were feeling sad/mad/scared, etc. because...?"
6. Encourage the child to explain the reason. Provide options if they are unable to express why, "Were you mad because you could not have ice-cream?" "Were you sad because your tower fell down?"
7. Praise and reward the child for identifying, expressing, and explaining their feelings.