

**CAREGIVER
CONNECTION
CARD**

Young Audiences of Louisiana 
BABY ARTSPLAY!™
Presented by The Helis Foundation

Oh, What a Feeling!

Emotional Development

Young children may not always know what they are feeling, but that is why they have you! We often think of emotional development as instinctive, but studies show that caregivers have a great impact in this area. By helping your little one strengthen their emotional skills, you are setting the stage for a lifetime of positive relationships because you are giving them the tools they need to connect with others. The key components of healthy emotional behavior are the abilities to identify one's own emotions, read the emotions of others, manage strong emotions, and develop empathy.

Tips to Connect

Use descriptive words to help your child identify what she is feeling and provide a nurturing and consistent space for those emotions.



MAIN PROP

Kazoo

ALTERNATIVE PROP

Picture book: Read through a story to practice naming and modeling the emotions of the characters in the story. Discuss how the character responded and why. How would you respond?

Show Me

Adapted from Get Moving with Ella Jenkins

Show me your happy face, hydeeroo
Show me your happy face, hydeeroo

Repeat the melody with your kazoo.

Show me your sad face, hydeeroo
Show me your sad face, hydeeroo

Repeat the melody with your kazoo.

Continue singing with one of these examples and show me: your tired face, your scared face, your clapping, your jumping, your waving.