

# Express Yourself

---

Grades K-2



## In the Classroom

Each morning, have students choose an emotion from the [poster](#) and draw a picture or write a sentence describing their feelings. Encourage them to share with a partner or the teacher.



## At Home

Ask your child to point to or draw an emotion that matches their feelings. Have them explain why they feel that way and discuss ways to manage or express their emotions.

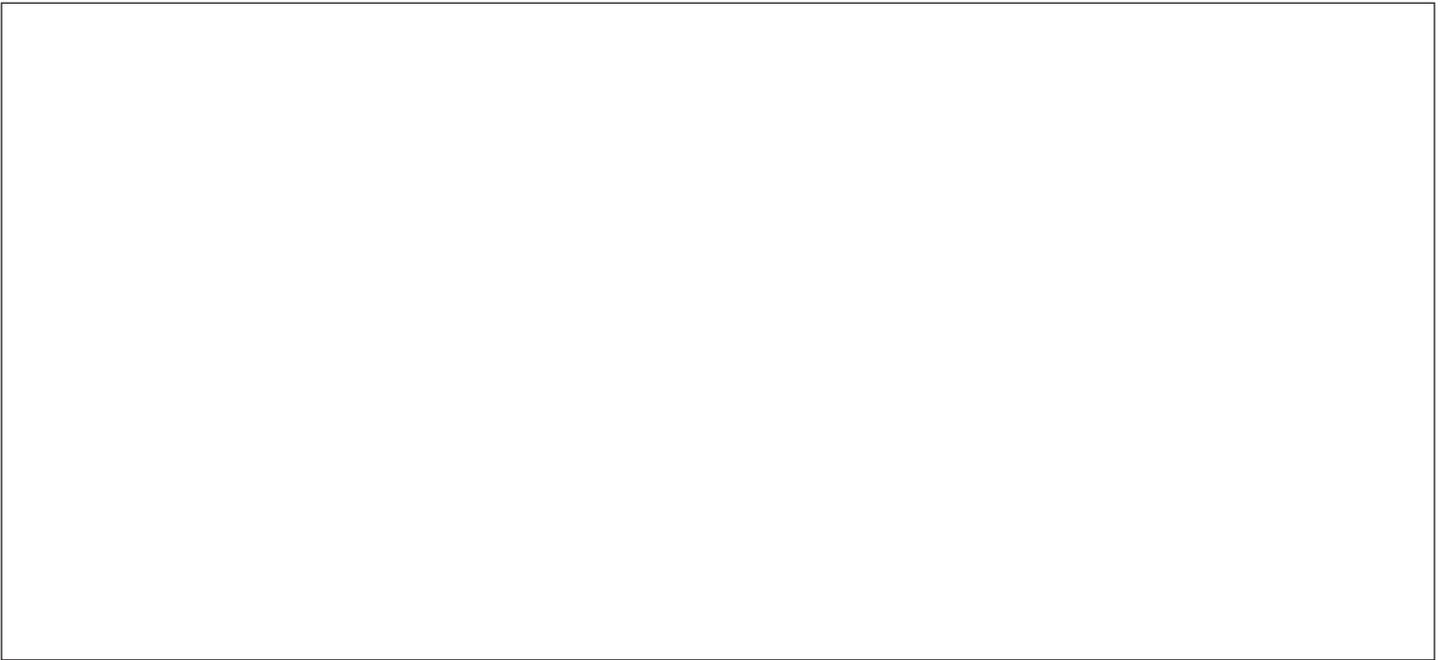


# Express Yourself

Grades K-2

Name: \_\_\_\_\_

**Directions:** Write or draw the emotion from the [poster](#) showing how you feel today. Write a few sentences or tell the teacher about your feelings based on your picture.



---

---

---

---

---

---

---

---

---

---



# I Can Use My Voice Chart

---

Grades K-2



## In the Classroom

Display the I Can Use My Voice Chart so students can practice using these phrases during class. Model each one, and you can use role-play scenarios to reinforce assertiveness.



## At Home

Parents can encourage students to use this chart daily. For example, if a child is upset, prompt them to use the chart to express their needs.



# I Can Use My Voice Chart

Grades K-2

	<b>I need help.</b>
	<b>I feel happy/sad/frustrated.</b>
	<b>Can I have a turn?</b>
	<b>What do I need help with?</b>
	<b>Who can I ask?</b>
	<b>How can I ask confidently?</b>



# Personal Space and Boundaries Activity

---



## In the Classroom

Use the traffic light worksheet to discuss what types of touch are appropriate, then have students role-play different situations to practice setting boundaries.



## At Home

Talk about personal space using real-life examples (e.g., “What do you do if someone sits too close at the dinner table?”). Reinforce that they can say, “I need space” or “Please ask before hugging.”



# Personal Space and Boundaries Activity

Grades K-2

