



Check-ins Through Play & Storytelling

Children under 5 primarily process their world through play. Use toys or books to distance the emotion from the child, making it safer to discuss.

- **With Toys:** "How is your teddy bear feeling today? Is he feeling brave or maybe a little bit scared?"
- **During Stories:** Pause while reading and ask, "Look at the character's face. How do you think they are feeling right now?"
- **Mirror Play:** Make funny or sad faces together in a mirror and ask, "What does it look like when someone is happy? What about when they are angry?"