



**I Can See My  
Feelings**

**Written By  
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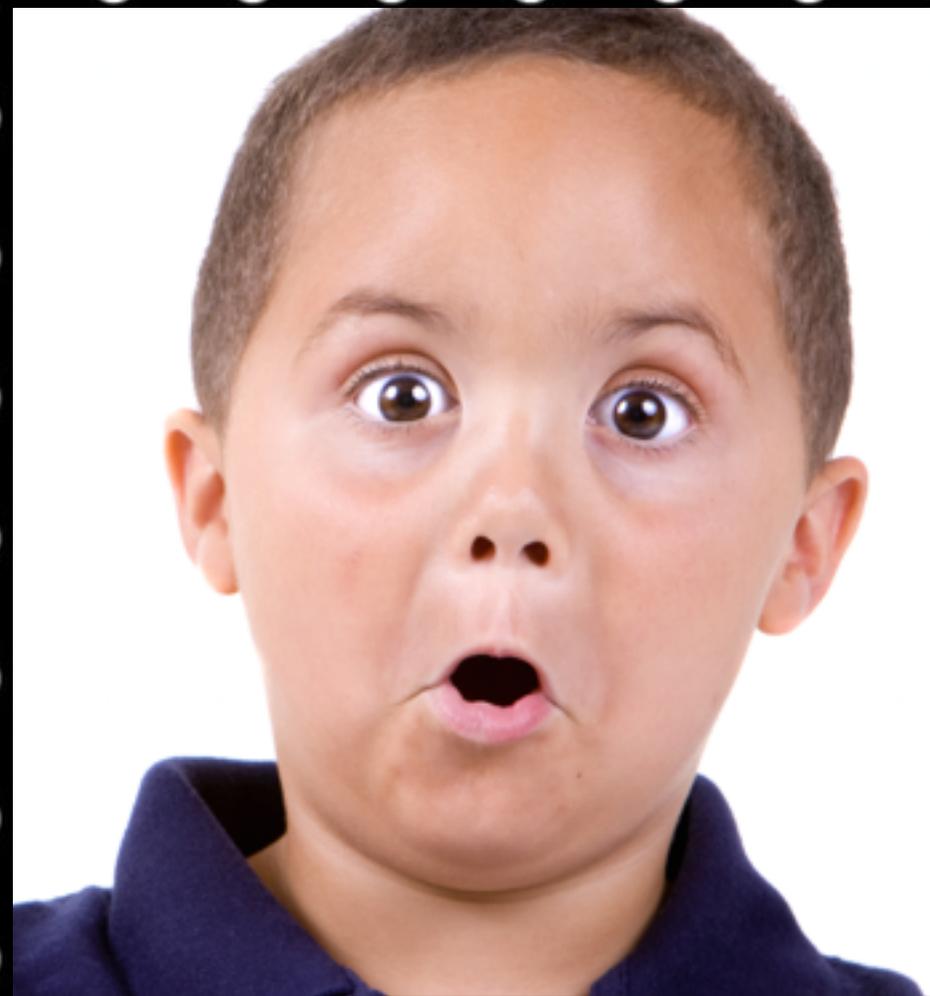
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I have lots of feelings.  
To me they seem quite new.  
They show upon my face  
And I see them on yours too.  
To help me learn about them  
Grab a mirror and this book.  
Let's have some fun together  
Learning how these feelings look.

**Calm**



**Surprised**



***Angry***



**Happy**



**Scared**



**Sad**



**Excited**



## **Note to Parents and Teachers:**

**Research tells us that when children learn to recognise, communicate and manage their feelings, they tend to have fewer relationship and behavioural difficulties as well as improved success at school.**

**This book provides a wonderful starting point when teaching young children about feelings. Not only will they begin to learn the words to express their emotions but by teaching children to recognise these feelings in others, we can sow the seeds for empathy and compassion.**

**Dr Kaylene Henderson**

Child and Adolescent Psychiatrist  
(and mother of three great kids who make me feel lucky)

## **Tips for Using this Book:**

**Sit in the front of a mirror together and encourage your child to make his/her own facial expressions as you turn the pages.**

**Talk with your child about how each expression looks. Notice if his eyes look wide. Or perhaps his mouth looks upturned, downturned or open.**

**Wonder together why the children featured in this book feel the way they do. If your child is old enough, ask her about a time when she experienced these emotions. What did that feel like? What helped her to feel better?**

**The coming and going of emotions are a normal part of every day. Let your child know that we all have these feelings.**

**Most importantly, don't forget that a child, a mirror and a whole lot of facial expressions are a recipe for fun!  
Enjoy.**