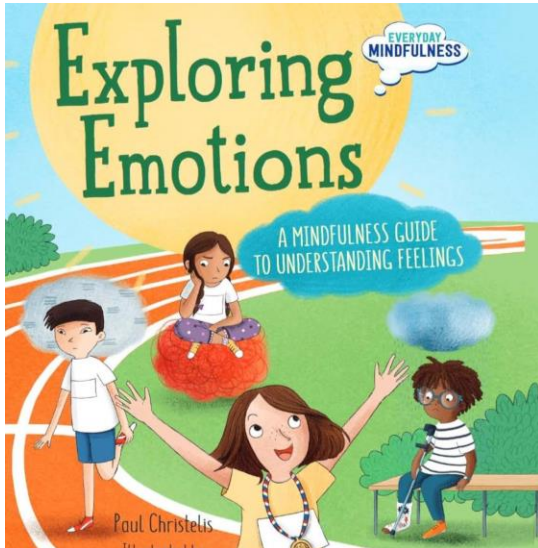


## Discussion Guide for Families



### Exploring Emotions: A Mindfulness Guide to Understanding Feelings

*Author:* Paul Christelis

*Illustrator:* Elise Paganelli

**Themes:** Emotions and Feelings

**Book Brief:** Sports Day brings out different emotions in everyone—excitement, nervousness, anger, sadness, and relief—teaching children that emotions are like changing weather. This mindfulness book helps kids recognize, enjoy, and manage their feelings while remembering that unpleasant emotions will pass.

## READ ALOUD

### Before Reading: Build Background

- Ask your child “How do you usually feel before a big event like Sports Day? Can you think of a time when your feelings changed during the day?”

### While Reading: Make Connections

- Why do you think Mateo feels nervous about Sports Day? Have you ever felt like that before something important?
- What does the book mean when it says that emotions are like the weather? How is this similar to how we feel inside?
- How do the kids in the story handle their different feelings? What are some ways you could handle your feelings too?

### After Reading: Ask Questions

- What did you learn about how to deal with different emotions? Can you share one strategy to feel better when you're sad or upset?

## RELATED ACTIVITIES

### If your child enjoyed this book, consider:

- Encourage them to talk about it during other conversations.
- Check out RIF's [Social and Emotional Learning](#) center to learn more about sustainability with related books and resources.