



WSU Tri-Cities College of Education is committed to quality learning during this time of uncertainty and new circumstances. “Teaching Tips” is a quick resource for families in their role as educators to their homebound children.

## “Color-coded Feelings” by Maria Moscatelli

*Suggested age/grade level: any*

Talking and walking is an excellent opportunity to determine our children’s well-being. To start the conversation with my child, I use color codes to frame the talk: Blue (sad), Green (happy), Yellow (frustrated, worried), and the Red (mad/angry). We talk about what kinds of feelings fit into each of these categories, and I provide an example from my life for each area. Once my child understood the color meaning, it was easy for her to tell me which one she related to at the moment.

Now, when we walk and talk, it has been easier for us to quickly check-in about her feelings. For example, my daughter will mention that she is feeling blue at the moment, and I can follow-up with, “Tell me something that makes you feel sad.” Sometimes this leads to a deeper conversation where we can address problems. Regardless of the outcome, using color-coded feelings is a simple way to tap into the emotional well-being of your child.

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