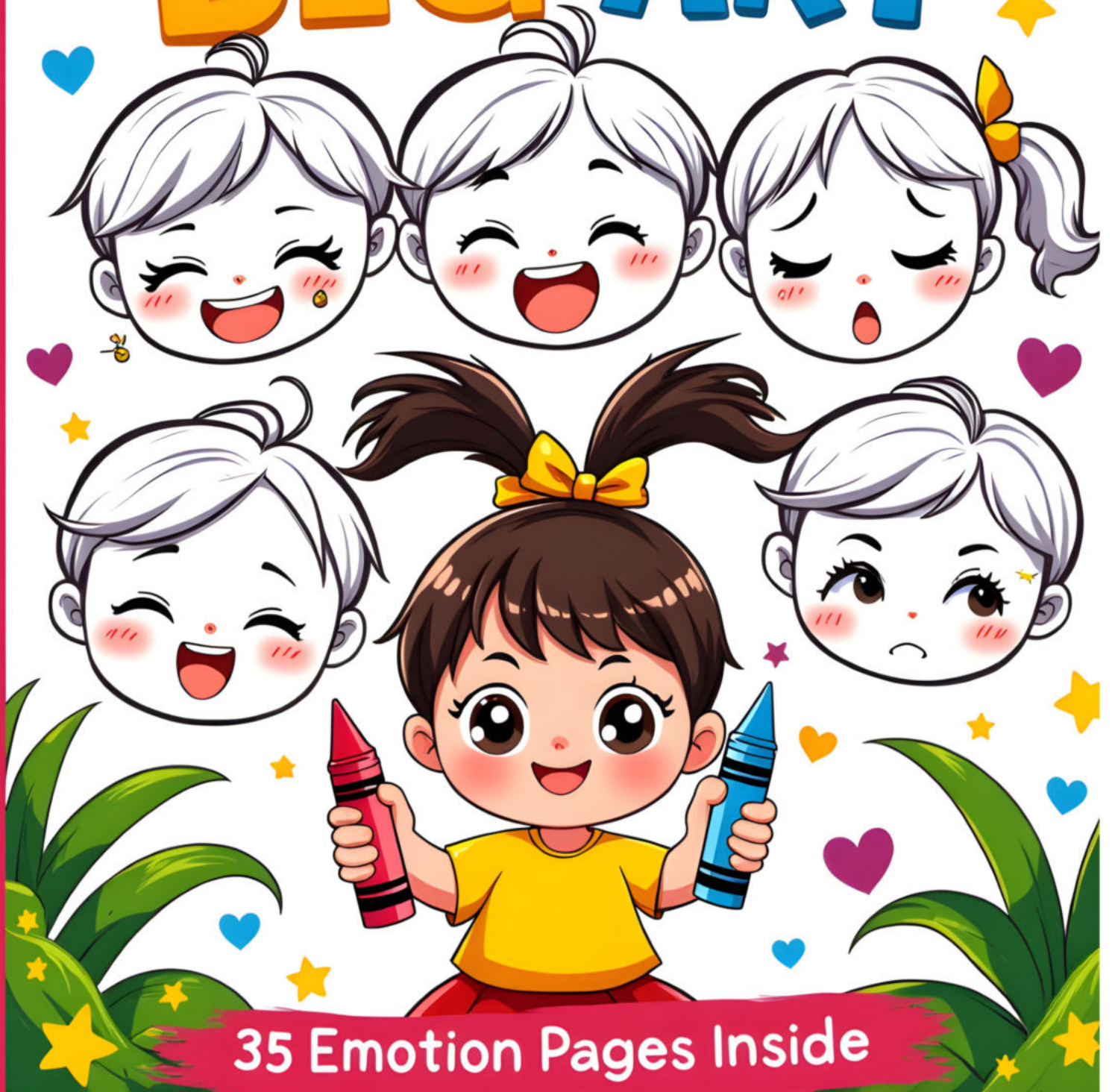


AGES
3-6

BY MAPLE MINIDFUL KIDS

LITTLE FEELINGS BIG ART



35 Emotion Pages Inside

LITTLE FEELINGS BIG ART

Parent Guide for Ages 3-6

Dear Parents and Caregivers,

Welcome! This coloring book is designed to help your young child learn about emotions and positive behaviors through simple, engaging art.

At ages 3-6, children are just beginning to understand their feelings and how to express them. This book provides a gentle introduction to emotional awareness, self-care, and social skills—all through coloring activities they'll love.

HOW TO USE THIS BOOK

KEEP IT SIMPLE:

- One page at a time - don't rush
- Talk about the feeling or behavior while coloring
- Use simple language: 'This is a happy face. When do you feel happy?'
- Let them color however they want - there's no 'right' way

MAKE IT INTERACTIVE:

- Ask: 'Can you make a happy face?' (let them practice the emotion)
- Share: 'I feel happy when...!' (model emotional awareness)
- Connect: 'You looked like this yesterday when...!' (relate to real life)

USE THROUGHOUT THE DAY:

- When emotions happen: 'Remember our sad face page? You look like that now.'
- As teaching moments: 'Let's take deep breaths like in our book!'
- At bedtime: Color the calm or sleepy pages together

WHAT EACH PAGE TEACHES

PAGE 1: I FEEL HAPPY

TEACHES: Recognizing happiness in faces and feelings

TRY: Ask 'What makes you happy?' Point out happy moments during the day

PAGE 2: I FEEL SAD

TEACHES: Understanding sadness is normal, tears are okay

TRY: Validate their sad feelings: 'It's okay to feel sad sometimes'

PAGE 3: I FEEL ANGRY

TEACHES: Recognizing anger, understanding it's a normal feeling

TRY: 'When you feel angry, what can we do?' Practice calm-down strategies

PAGE 4: I FEEL SCARED

TEACHES: Fear is normal, everyone gets scared sometimes

TRY: Share what you're scared of too, discuss how to feel brave

PAGE 5: I FEEL EXCITED

TEACHES: Happy, energetic feelings have a name

TRY: Notice when they're excited and name it: 'You look so excited!'

PAGE 6: I FEEL CALM

TEACHES: What peaceful, relaxed feels like

TRY: Practice being calm together - quiet time, slow breathing

PAGE 7: BIG HUGS HELP

TEACHES: Self-soothing through physical comfort

TRY: Practice giving yourself a hug when feeling upset

PAGE 8: TAKE DEEP BREATHS

TEACHES: Basic breathing for calming down

TRY: Breathe together - 'smell the flower, blow the candle'

PAGE 9: USE KIND WORDS

TEACHES: Words matter, speaking nicely

TRY: Notice and praise when they use kind words

PAGE 10: I LIKE TO SHARE

TEACHES: Sharing makes everyone happy

TRY: Practice sharing with siblings, friends, or toys

PAGE 11: I AM LOVED

TEACHES: Feeling secure and cherished

TRY: Say 'I love you' often, give lots of hugs

PAGE 12: MY HAPPY SMILE

TEACHES: Smiling can help us feel better

TRY: Make silly faces together in mirror

PAGE 13: I CAN HELP

TEACHES: Being helpful, contributing

TRY: Give simple tasks: 'Can you help put toys away?'

PAGE 14: I AM BRAVE

TEACHES: Courage and confidence

TRY: Celebrate brave moments: 'That was so brave!'

PAGE 15: I AM GENTLE

TEACHES: Soft touch, treating others kindly

TRY: Practice gentle touches with pets, toys, people

PAGE 16: I LISTEN

TEACHES: Paying attention, respecting others

TRY: Practice listening games, notice good listening

PAGE 17: I CAN WAIT

TEACHES: Patience and self-control

TRY: Start with short waits, gradually increase

PAGE 18: I CAN TRY

TEACHES: Trying new things, not giving up

TRY: Encourage attempts: 'I'm proud you tried!'

PAGE 19: I ASK FOR HELP

TEACHES: Asking for help is good and brave

TRY: Model asking for help yourself

PAGE 20: I SAY SORRY

TEACHES: Apologizing when we hurt someone

TRY: Model saying sorry, help them practice

PAGE 21: I SAY THANK YOU

TEACHES: Gratitude and appreciation

TRY: Practice saying thank you for small things

PAGE 22: I USE MY WORDS

TEACHES: Talking instead of hitting or grabbing

TRY: 'Use your words. Tell me what you need.'

PAGE 23: I WASH MY HANDS

TEACHES: Basic hygiene and self-care

TRY: Make handwashing fun with songs

PAGE 24: I AM SPECIAL

TEACHES: Self-worth, everyone is unique

TRY: Tell them specific things that make them special

PAGE 25: I FEEL SLEEPY

TEACHES: Recognizing tired feelings, bedtime readiness

TRY: Use as part of bedtime routine

PAGE 26: I EAT HEALTHY

TEACHES: Making good food choices

TRY: Let them help choose healthy snacks

PAGE 27: I PLAY NICELY

TEACHES: Positive play behavior

TRY: Praise good play: 'I love how nicely you're playing!'

PAGE 28: I LOVE MY FAMILY

TEACHES: Expressing love for family

TRY: Talk about all the people who love them

PAGE 29: I CAN DANCE

TEACHES: Movement, expressing joy through body

TRY: Have dance parties together!

PAGE 30: GOODNIGHT SLEEP TIGHT

TEACHES: Bedtime peace and security

TRY: Perfect last page before bed

PAGE 31: I GIVE HUGS

TEACHES: Showing affection appropriately

TRY: Hug often, ask 'May I have a hug?'

PAGE 32: I AM KIND

TEACHES: Helping others, being caring

TRY: Point out kind acts you see

PAGE 33: I FEEL PROUD

TEACHES: Healthy pride in accomplishments

TRY: 'You should feel proud of yourself!'

PAGE 34: I AM GROWING

TEACHES: Growth is exciting and good

TRY: Celebrate milestones, big and small

PAGE 35: I AM SAFE

TEACHES: Security and feeling protected

TRY: Reassure often: 'You are safe, I'm here'

TIPS FOR SUCCESS

✓ **COLOR TOGETHER** - Your presence makes it special

✓ **NO PRESSURE** - Let them color outside the lines

✓ **REPEAT FAVORITES** - Return to pages that resonate

- ✓ **USE REAL MOMENTS** - Reference pages during the day
- ✓ **CELEBRATE FEELINGS** - All emotions are welcome
- ✓ **BE PATIENT** - Emotional learning takes time
- ✓ **MAKE IT FUN** - This should feel like play, not work

AGE-APPROPRIATE EXPECTATIONS

At ages 3-6, children are learning to:

- Name basic emotions (happy, sad, angry, scared)
- Express feelings with words (instead of just actions)
- Follow simple rules (share, listen, wait turn)
- Develop self-care skills (wash hands, eat healthy)
- Build confidence and independence

This book supports all these developmental milestones in a gentle, engaging way.

WHEN TO USE SPECIFIC PAGES

DURING TANTRUMS: Pages 3 (Angry), 8 (Deep Breaths), 7 (Big Hugs)

BEFORE BED: Pages 25 (Sleepy), 30 (Goodnight), 6 (Calm)

AFTER CONFLICTS: Pages 20 (Sorry), 9 (Kind Words), 32 (Kind)

BUILDING CONFIDENCE: Pages 14 (Brave), 24 (Special), 33 (Proud)

DAILY ROUTINES: Pages 23 (Wash Hands), 26 (Eat Healthy), 27 (Play Nicely)

THE POWER OF EMOTIONAL LITERACY

When young children learn to identify and express their emotions:

- Tantrums decrease
- Communication improves
- Confidence grows
- Social skills develop
- School readiness increases

This simple coloring book plants seeds that will grow throughout their entire life.

A FINAL NOTE

Your child won't remember every page, and that's okay. What matters is the time spent together, the conversations about feelings, and the gentle lessons about being a good person.

These aren't just coloring pages - they're moments of connection, opportunities for learning, and building blocks for emotional intelligence.

Thank you for investing in your child's emotional development. The work you do together with this book matters more than you know.

With warmth and encouragement,
Maple Mindful Kids Team

Remember: You're doing a great job. Your child is lucky to have you. ♥■

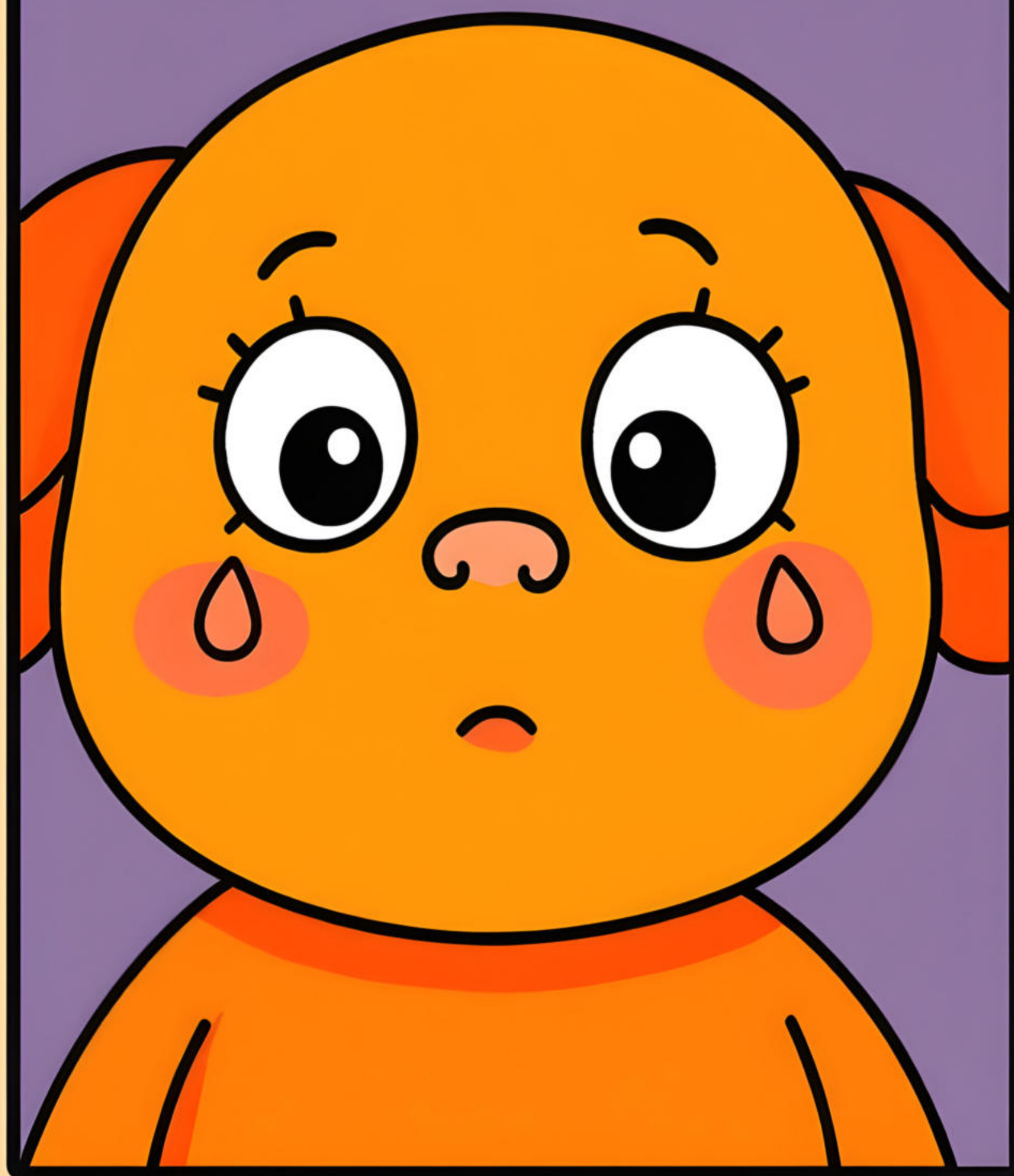
I feel happy



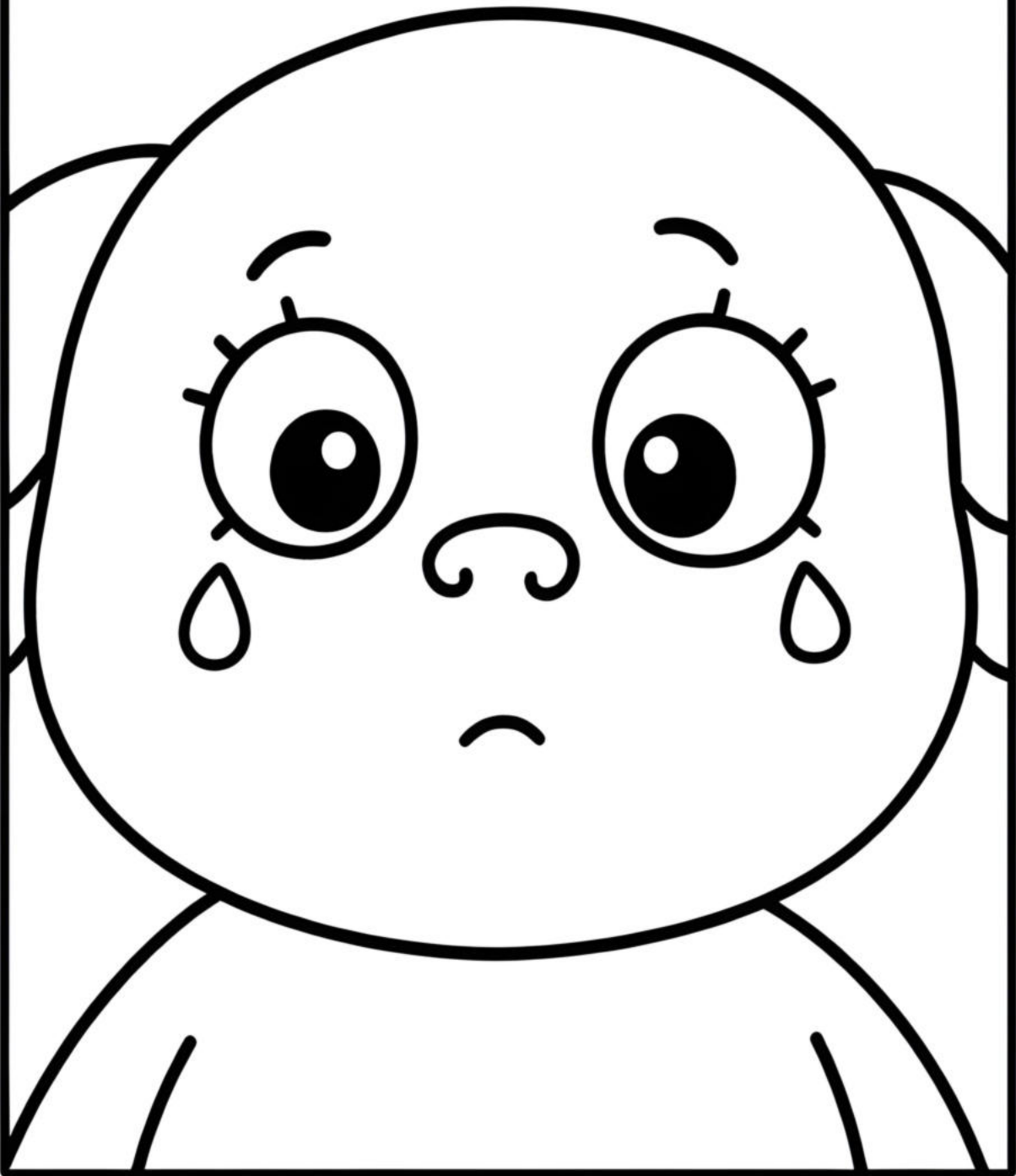
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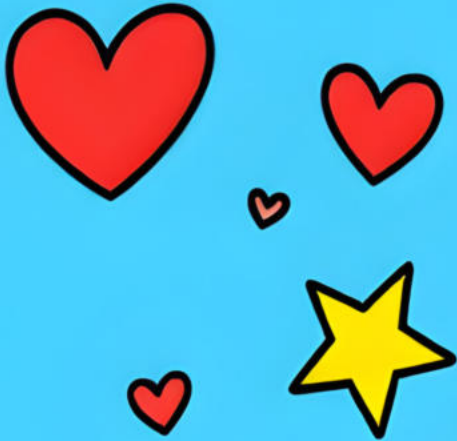
I Feel sad..



I Feel sad..



Use Kind Words



Use Kind Words

