



Fun with Feelings - Frequently Asked Questions

Fun with Feelings Overview

1. What is *Fun with Feelings*?

- *Fun with Feelings* is a set of cards and activities that gives families and teachers a playful way to help children learn about feelings and support social and emotional skill-building at home and at school. *Fun with Feelings* is provided by DECE through the ThriveNYC initiative.
- Families and teachers can use *Fun with Feelings* cards together with children, or children can use the cards independently to build, play, and learn.
- There are two types of cards: The orange "I feel" cards show a variety of *feelings*. The purple "I can" cards show a variety of *actions* or ways to express feelings, calm down, or feel better. Matching "I feel" cards with "I can" cards shows children that when they have feelings, they can choose an action that is helpful for them.
- Each deck of cards includes an instruction booklet with ideas for how families can use the cards together. Here is a sample from the instructions:
 - BUILD** - Use the cards to build towers, bridges, or whatever you and your child imagine.
 - PLAY** - Use the cards to play games, learn about feelings, and have fun together.
 - TEACH** - Use the cards to teach your child what she/he can do when she/he is having strong feelings.

2. How were the *Fun with Feelings* cards developed?

- The cards were developed based on key findings from child development and parenting research and the evidence-based program, ParentCorps, from the Center for Early Childhood Health and Development (CEHD) at the NYU Langone Health.
- In order to design culturally and linguistically responsive resources, the DOE gathered multiple perspectives from a variety of stakeholders including families, teachers and mental health professionals.

3. What resources will be available for programs to support the *Fun with Feelings* cards?

Visit schools.nyc.gov/FunwithFeelings for resources including:

- ****New for 2018-19**** Videos demonstrating how the cards can be used with children and the importance of learning about feelings in early childhood.
- A letter to families introducing *Fun with Feelings* (available in 10 languages)
- A Handbook for Pre-K Teachers, Leaders, and Staff with ideas for how to use *Fun with Feelings* in the classroom and with families.
- An infographic handout that shows the research-based impacts of social-emotional learning on children (available in 10 languages).

- A customizable invitation for programs to use in planning a family event (available in 10 languages).
- PowerPoint presentations that can be used to share the cards at a family event or workshop.
- Division of Early Childhood Education Social Workers and Instructional Coordinators are available to support programs in using *Fun with Feelings* with families and children. Speak with your assigned Social Worker or Instructional Coordinator directly as needed.

4. What are some of the benefits of *Fun with Feelings*?

- *Fun with Feelings* supports children's social and emotional development at school and at home, which research shows increases children's chances of success in kindergarten and beyond.
- *Fun with Feelings* supports foundational skills of the Social and Emotional Development domain in the [New York State Prekindergarten Foundation for the Common Core](#) by helping children identify feelings in themselves and others, and express and manage feelings appropriately.
- By providing this tool to families, programs can continue to build families' capacity to support social and emotional development by helping children learn about feelings at home.

5. What is the evidence that *Fun with Feelings* will make a difference for children?

- Emotion knowledge in pre-K predicts later mental health and academic achievement. Young children who can accurately identify others' emotions are more likely to have higher quality peer relations, higher social competence, higher academic competence, and fewer behavior problems.
- NYU CEHD's work with NYC pre-K students shows that there is a wide range in the level of emotion knowledge that children have when they enter pre-K. Emotion knowledge develops during pre-K in the context of parent-child, teacher-child, and peer interactions.

6. What are families saying about *Fun with Feelings*?

- 75% of parents surveyed strongly agreed with the statement "I was glad to see the DOE giving a tool about feelings to families."
- Quotes from Pre-K Families:
 - *I think that it's good when children can associate their emotions with a face or an action because it'll help them to understand their emotions and express themselves and communicate with parent or teacher more effectively. I would love to use these to build now that I have a better understanding of the deck because they love that.*
 - *This is actually very creative. I am anxious to try it. I want to work on this and want to try it. When they don't learn to deal with their emotions when they are young you have a bunch of angry teenagers walking around. This is a really great approach.*
 - *I see you building this community for the kids to help them learn better or read better. I think it's very good for these kids as they grow - I feel like it represents them building their education.*

Fun with Feelings Distribution

7. Who will receive *Fun with Feelings* cards?

- All families with a child enrolled in a Pre-K for All program will receive *Fun with Feelings* cards.
- All Pre-K for All programs will receive a set of *Fun with Feelings* cards to keep in each Pre-K for All classroom.

8. When are the *Fun with Feelings* cards being publicly released?

- The DOE will begin delivering the new *Fun with Feelings* cards to Pre-K for All programs in November 2018.
- All deliveries will be complete by mid-January 2019.

9. How will programs receive *Fun with Feelings* cards?

- The DOE will deliver the *Fun with Feelings* cards directly to Pre-K for All programs.
- Each shipment will contain enough card decks to distribute to all children in your Pre-K for All program and to place one deck in each Pre-K for All classroom.
- Depending on the size of a program, the shipment may contain multiple boxes.

10. How will families receive their *Fun with Feelings* cards?

- Pre-K for All programs should distribute *Fun with Feelings* cards and introductory letters to every pre-K family.
- For ideas about how to engage families, please refer to the the Handbook for Pre-K Teachers, Leaders, and Staff available at schools.nyc.gov/funwithfeelings.

11. Is *Fun with Feelings* available in languages other than English?

- The *Fun with Feelings* cards and resources for families are available in ten languages: Arabic, Bengali, Chinese, English, French, Haitian Creole, Korean, Russian, Spanish, and Urdu.

12. What should programs do with the extra *Fun with Feelings*?

- After you distribute one *Fun with Feelings* per family and one per classroom, you may have some cards remaining. We suggest programs make the cards available in a family room, a counselor's office or other places where pre-K families gather in your building. You may also give extra cards to families of children who live in multiple households.

13. What should a program do if it did not receive a shipment of *Fun with Feelings* cards?

- If a program does not receive a shipment of *Fun with Feelings* cards by mid-January 2019, please email prekthrive@schools.nyc.gov with the subject "Did Not Receive Fun with Feelings Cards."

14. What should a program do to request additional *Fun with Feelings* cards?

- To request additional *Fun with Feelings* cards, please email prekthrive@schools.nyc.gov with the subject "Additional Fun with Feelings Request." Be sure to include the reason you are requesting more cards and how many you would like.
- Note that we have a limited supply of extra cards and it is our priority to ensure that all families and programs receive enough for their Pre-K for All families and classrooms.

15. Additional Questions?

- For additional questions about *Fun with Feelings*, email prekthrive@schools.nyc.gov with the

subject "Fun with Feelings Question."

General Background

16. What is ThriveNYC?

- In November 2015, First Lady Chirlane McCray launched ThriveNYC a roadmap designed to begin changing the way people think about mental health and the way City government and its many partners deliver services. With 54 initiatives, it is the most comprehensive mental health plan of any city or state in the nation. For more information about ThriveNYC please visit nyc.gov/thrivenyc.

17. What is Pre-K Thrive?

- As part of ThriveNYC, the NYC Department of Education (DOE) has partnered with the Center for Early Childhood Health and Development (CEHD) at NYU Langone Health to provide evidence-based resources to all Pre-K for All programs over the next three school years. This year, the evidence-based resources include *Fun with Feelings* cards for every Pre-K for All family and suggestions for programs about how to use *Fun with Feelings* in the classroom and how to share the cards with families.
- In addition to these resources, a subset of Pre-K for All programs receive intensive professional development focused on social emotional learning and family engagement and are given the opportunity to participate in ParentCorps, a family-centered program designed to help young students develop the foundational skills for learning and well-being.

18. What is the Center for Early Childhood Health and Development (CEHD)?

- The [Center for Early Childhood Health and Development](#) (CEHD, pronounced "seed") in the Department of Population Health at NYU Langone Health is a diverse group of mental health professionals, educators, researchers, and staff working in New York City and around the globe to improve the health of populations by developing and testing real-world solutions, in partnership with multiple sectors, including school systems, healthcare systems, communities, and policymakers.
- CEHD partners with families, teachers, schools, community-based organizations, and policymakers to develop solutions that make it easier for people to be healthy in their everyday lives. CEHD draws from the experiences of families of young children and places culture at the center of its work.
- CEHD's vision is to be a leader in national efforts to reduce the achievement gap and health disparities for low-income, Black, Latino, and Asian American children.
- The DOE has partnered with CEHD to provide Pre-K Thrive resources for Pre-K for All children, families, and programs.

Please visit schools.nyc.gov/FunwithFeelings for additional resources, including videos, PowerPoints, a letter to families, and more!