Visiting Feelings encourages children to treat their feelings like guests—welcome them in, get to know them, and perhaps learn why they are visiting. Through this purposeful and mindful exploration, Visiting Feelings harnesses a young child’s innate capacity to fully experience the present moment and invites children to sense, explore, and befriend all of their feelings with acceptance and equanimity.

A Note to Parents provides more information about emotional awareness and mindfulness, plus practical advice and activities for introducing mindfulness into daily family routine.

Do you have a feeling that’s visiting today? Can you open your door and invite it to play?
Do you have a feeling that's visiting today? Can you open your door and invite it to play? Can you ask what it wants, and then check it out? Welcome it and listen to what it's about?
What if the feeling plays hide-and-goo-seek,
and won’t let you see it, not even a peek?
Here’s an idea, a good one to try:
Look at that feeling with wide-open eyes.
How does it look?
Is it short? Is it tall?

Is it thick or thin?
Or round like a ball?
Is it bright like the sun?
Dark like the rain?
Or is it a look you can’t even explain?