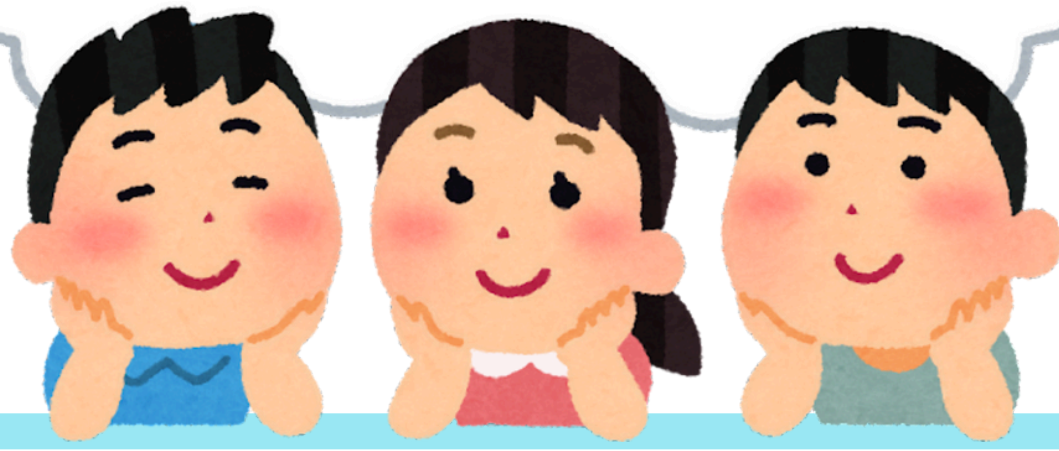


Teaching Your Child to Understand and Label Emotions



LABEL EMOTIONS

Label emotions as often as possible. We want to begin using feeling words each time we refer to an emotion. This helps build connections for your child.

“E.g., You’re smiling big! This means you’re feeling happy!”

TELL STORIES INCORPORATING FEELINGS (E.G., YOURS & OTHERS)

Include a variety of feelings such as positive/ negative feelings, and mild/ intense feelings. This will help your child make sense of different emotions and learn that ALL feelings are okay. When possible, include solutions to undesired feelings to model problem solving skills.

PLAY “NAME THAT FEELING” GAME

Do this by making faces at each other and guessing how the other is feeling. Incorporate your child’s preferences by using visuals or stuffed animals to increase engagement.

WONDER ABOUT THE FEELINGS OF OTHERS

When you witness another child or adult experiencing outwardly visibly emotions (i.e., crying, laughing, frowning, etc.) comment on it with your child and express concern, curiosity, or empathy.

E.g., “that little boy is crying. I wonder why he is feeling upset...”

PLAY “IF YOU’RE HAPPY AND YOU KNOW IT” GAME

Some examples:

- “If you’re happy and you know it” – clap your hands
- “If you’re mad and you know it” – stomp your feet
- “If you’re hungry and you know it” – rub your tummy
- “If you’re tired and you know it” – give a yawn
- “If you’re silly and you know it” – giggle and twist

