

Family Explore: EMOTIONS

Exploring emotions with children



Silly



Angry



Surprised



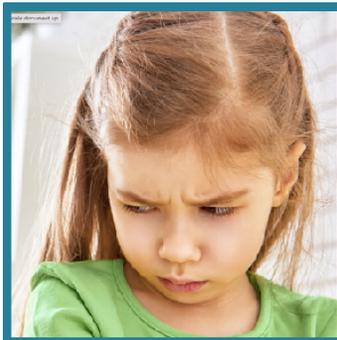
Reflective



Worried



Joyful



Mad



Happy

Helping Children Notice & Explore EMOTIONS

Young children can experience a wide range of emotions in a single day. Interestingly, young children may not be aware of how their moods are shifting and may not have the words to describe their feelings. You can help your child become aware of their emotions by talking about them together. When children are able to **communicate their emotions** to adults and peers, they are better able to connect with others and get their needs met.

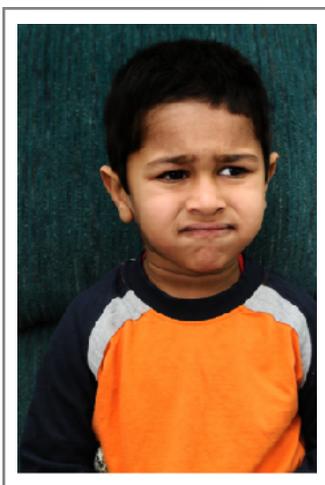
- *I'm noticing that you seem worried about something. Can you tell me what is happening?*
- *You are so excited! What is making you excited?*

Managing big emotions like anger or frustration can be a huge challenge for children. You can talk about these emotions and how they change or transform over time. It often helps to wait until the big emotion has faded. When children can manage their emotions, they are better able to persist and focus during hard tasks at school. It takes a lot of practice to manage big emotions.

- *I remember that the last time you were really sad, we took a walk and that helped you find your happy again. Where should we walk today?*
- *It seems like you are really frustrated right now. Let's take some deep breaths together.*

Children often notice the emotions of others. You can explore why someone might be experiencing an emotion. When children recognize others' emotions, it builds empathy and helps them **connect and collaborate** in play and at school.

- *You're right, he seems very happy! I wonder what is making him so happy?*
- *I noticed that you gave your cousin his favorite toy when he was crying. How did it feel to help him? Helping others feels pretty good.*



What helps
you feel
better when
you're down?



A good book?



A walk?



A snuggle?