

Teaching Emotions in Everyday Moments



Use everyday opportunities to talk with your child about how they and others feel.

Label how your child is feeling and why, and what they look like.

- This gives your child a foundation so they can begin to recognize and name those feelings in themselves.

Use language your child can understand.

- For a nonverbal child who is clapping their hands and smiling, you might sign and say: “You feel happy!”
- For a preschooler, you might say: “I see your arms are crossed and you’re frowning. You’re feeling disappointed because its raining and we can’t go to the park.”

Ask your child how others may be feeling

- E.g. “Sara is crying because she fell off her bike. How do you think she feels?”

Talk about how you are feeling and how you deal with uncomfortable feelings

- E.g. “I’ve been waiting in line for a long time. I feel impatient. I’m going to take a deep breath and look at the magazines while I wait.”

Teach emotions through books and/or storytelling

- E.g. How does the character feel and why?
- E.g. What did they do when they felt _____?
- E.g. What do you like to do when you feel _____?

Use technology to enhance learning

- Choose shows and apps that grow your child’s emotional vocabulary

