

Give Me the Words

What to do:

- Watch your child and notice how they manage their feelings.
- When they manage their feelings in appropriate ways (example: talking about their feelings, taking a quiet break), praise their actions.
- For example, another child takes a truck from your child.
 - Your child says, “No. That’s my truck” and then looks at you.
 - You can respond by saying, “You told her that was your truck. Now she knows you had it first and that you want it back. I am very proud of you”

When your child responds to strong feelings in inappropriate ways, remind them to talk about their feelings.



Questions and discussion to extend learning:

1. Encourage your child to label his/her feelings.
2. Ask what he/she could have done different.
3. Ask your child how he/she thinks the other person may feel.
4. Parents can extend this activity by helping the child to draw their feelings while in the situation and or after.

What will children learn?

Your child will learn to identify their feelings and begin to think about how others feel.

Learning Objectives:

- Regulates own emotions and behavior
- Manages feelings