Learning Care group

Positive Behavior at HOME

Positive Behavior Skill

Identifying Emotions
Being able to identify and express our emotions is a skill that encourages the development of other social-emotional skills. Learning how to identify emotions in a positive and healthy way allows young children to build a strong foundation for later social-emotional skills.

Why is This Skill Important?

Benefits:

- Teaches children how to self-soothe
- Encourages empathy
- Fosters a positive sense of self
- Builds resiliency
- Makes children feel more competent, capable, and confident

Helpful Tips

- Help children label their feelings
- Read stories that introduce them to new feelings
- Offer solutions to help with different emotions
- Normalize emotions instead of classifying them as good or bad

Ways to Practice at Home

Musical Feelings

Children love learning through fun and playful activities! Using paper and scissors cut out several circles. On the circles, draw different emotions such as happy, sad, mad, or scared. Then, place those circles on the ground and turn on some fun music. Encourage your child to walk around the pictures until the music stops! When the music stops, have them identify what emotion they stopped on and act out that emotion. This gives them practice identifying it and acting it out.

A Jar of Feelings

Sometimes, we can feel many emotions at once! Talk to children about some feelings that they could be experiencing when they are upset. For example, when they are upset they could be feeling sad, frustrated, and confused! For each emotion they have, put a cotton ball into the jar. Explain that they are putting all of their feelings into the jar to release those emotions. Once the child is done putting their emotions into the jar, invite them to talk about what made them feel those feelings.