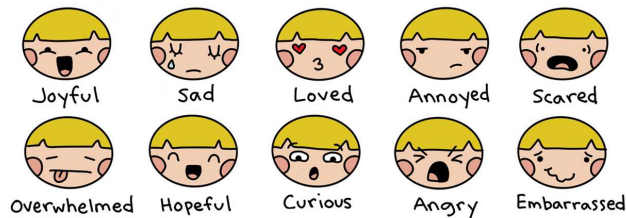


Teach These Children

Fivefold enrichment

BIG FEELINGS



Anger, Anger Everywhere

How frequently do you and your family discuss emotions? If this is not a frequent occurrence in your family, there are likely some emotions that are mistaken for others. Anger is an emotion that usually masks emotions that are difficult for children to understand and articulate. It's our job to help.

Activity

Emotional well-being begins with the ability to recognize and talk about how you feel. If children don't know the words to use to describe how they feel, then, all their "big feelings" get mistaken for anger or happiness. In reality, there is a whole range of emotions that we need to teach our children. They need to understand the meaning of frustrated, misunderstood, embarrassed, appreciative, thankful, joyful and any other feelings that may crop up for them. Moreover, it's important that they recognize that it's natural to feel a range of emotions. The more you normalize conversations about feelings in your home, the more your children will be able to manage their feelings when they are with others. Ask questions about why they feel a certain way, what led up to that point, and what they can do moving forward. Finally, talk about your own feelings so they have a good example to follow.

TIPS

You can talk through scenarios with your child so they can practice taking about emotions before they have to deal with their own. Look for examples while you watch tv to find opportunities to begin these discussions.



Child's belief about self...

I am grounded

Family supports development of...

Wellness

Focus area:

Emotional development

GOAL

Help your child develop vocabulary to talk about their emotions.

LEVEL

1