

# Teach These Children

## Fivefold enrichment



## Embarrassing Moments

Embarrassment is a powerful emotion that can lead to inner vows and unhealthy behavior patterns. Teaching children to recognize that embarrassment is a natural feeling and give them the skills to process the emotion. In turn your child will develop a strong sense of self and the ability to take risks, apologize and recover quickly when they make a mistake.

### Activity

First and foremost, it is important to identify feelings with children. More than sad and happy, children need to develop a deep understanding of powerful emotions. Embarrassment evokes shame and makes us want to hide away. Therefore the first conversations about what embarrassment is are best had in a proactive manner. Do you have a set way or time that you talk to your children about feelings and emotions? If not, it's important to build that time in, as emotions are the driving force behind many behaviors, both positive and negative. When discussing, use scenarios to help your child understand *when* someone might feel embarrassed. Discuss how to recognize another person feeling embarrassed and ask your child how they might respond. This dialogue normalizes the feeling, helps them recognize when they feel embarrassed, and makes the follow up easier. Let them know it's okay to say, "I'm embarrassed", when they feel it. Helps develop a bank of follow up statements they can use. "I didn't know I was supposed to...", "I feel silly that I...", "please forgive me for...", are all appropriate starters.

### TIPS

There's no cookie cutter method. The statements you develop with your child will be specific to you, your family and the situations your child might face.



### Child's belief about self...

I am motivated

### Family supports development of...

Growth Mindset

### Focus area:

Processing emotions

## GOAL

Develop the language and skills your child needs to process their big emotions.

## LEVEL

1