

Help Your Child Talk about Their Feelings

Kids have many of the same feelings adults do. Sometimes kids act out because they do not have words to express what they are feeling. You can help!

- Explain feelings by using simple words your child can understand, such as "sad", "angry", and "happy."
- Try using books. For example, "Look at Little Red Riding Hood's face; she is so scared when she sees the wolf in her Grandma's bed." You can play a game where you make different faces and try to guess each other's feelings.
- Teach in the moment. "Oh no, the paper is torn, and you look sad. What can we do? I think we can tape it back together."
- Tell your child what they can do if they feel mad or sad. For example, you can say, "Find a quiet place to get away when you are mad," or "Ask for a hug if you feel sad."

Source: The Center on the Social and Emotional Foundations for Early Learning.
Teaching Your Child to: Identify and Express Emotions.



Campsites