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.”