



Emotions

Children begin to learn about emotions from a very young age. Babies as young as 3 months will begin to pay attention to facial expressions. As children grow, they begin to match facial expressions with the body language and labels associated with each emotion.

Teaching emotions from a young age can help them learn to express themselves in appropriate ways and regulate their emotions. It allows them to put a name to a feeling and identify it for themselves and others. Being able to identify emotions in themselves can be the first step in learning what they can do to manage these emotions.

Tips for Teaching

1. Start with basic emotions such as 'happy', 'sad' and 'angry' and then expand
2. Talk about how one emotion can have lots of names, but mean the same thing
For example, 'angry', could also be 'furious', 'cross', 'cranky' or 'irate'
3. Remind your child that everyone feels emotions and discuss times when you and other family members feel each of these
4. Use your child's interests to support their learning - TV shows such as Pokemon, Shaun the Sheep and Thomas the Tank Engine use lots of exaggerated emotions
5. Use a range of materials to practice - photos, cartoons, videos, books, emojis, real-life situations

Ideas for Practice

Receptive (understanding):

- Talk about how the face and body looks when we feel each emotion
- Take photos of your child practicing emotions
- Find emotions from a group of pictures
- Draw emotions concentrating on the shape of the mouth, eyes and eyebrows in each emotion

Expressive (naming/labelling):

- Label emotions in pictures, photos and in real life
- Ask 'when do you feel?' or 'what makes you feel?' - use visuals to prompt
- Provide a basic scenario (e.g. 'how would you feel if...?') and have your child tell you how they would feel.

Apps to Try



- Touch and Learn - Emotions (Innovative Mobile Apps)
- Emotions (I Can Do Apps)
- Avokiddo Emotions (Avokiddo)
- Toca Kitchen Monsters (Toca Boca)
- What's the Expression (WebTeam Corporation)

Books to Read

- In my heart By Jo Witek
- When I'm Feeling Series by Trace Moroney
- What are feelings? Usborne By Katie Danes

