



Dealing with feelings

Ages 2 - 4



Dealing with feelings - Ideas Sheet

Feelings/emotions are a type of energy. It is important we accept them for what they are - normal human responses, and find ways to identify, explore and express them in a healthy way that isn't harmful to self or others. Teaching, practicing (and modelling) strategies to use when feeling sad, angry, excited, nervous, etc. will assist a child greatly.

COMMUNICATION - allows exploration of feeling and strategies

Talking about feelings helps a child explore and understand them. It can be reassuring to normalise a child's feelings, eg. "when I was 3, this made me feel scared too". You can also give them options on how to deal with it, eg. "I know you are feeling scared, but you can choose to be scared and whingy, scared and brave, do you think some breathing/running/talking/cuddles might help?" With patience they will usually make positive choices. Some children also understand a feeling more if they can visualise it, eg. How big, what colour, where is it? etc. Experiment and see what works for them.

These are examples from this ideas sheet

