



Dealing with feelings

Ages 5 - 8

## Learning about feelings - Ideas Sheet

It is important to normalise and allow feelings to happen. We are all human and go through a variety of emotions (even in the course of a day), all of which are okay. The aim is to teach your child how to identify and express them without hurting themselves or others.

Modelling the behaviour you are hoping to teach is a great way to start teaching your child to learn about their own feelings. You can label your own emotions when you are getting angry or frustrated, or when you are excited or happy about something. Make identifying and talking about your feelings part of your everyday conversation with your child.

It can be really useful when your child reacts to something positively or negatively to help them identify the feeling they appear to be feeling. For example, is that exciting? Does that make you feel frustrated? They may say yes or no to your guess but at least they are thinking about it.

*These are examples from this ideas sheet*

