

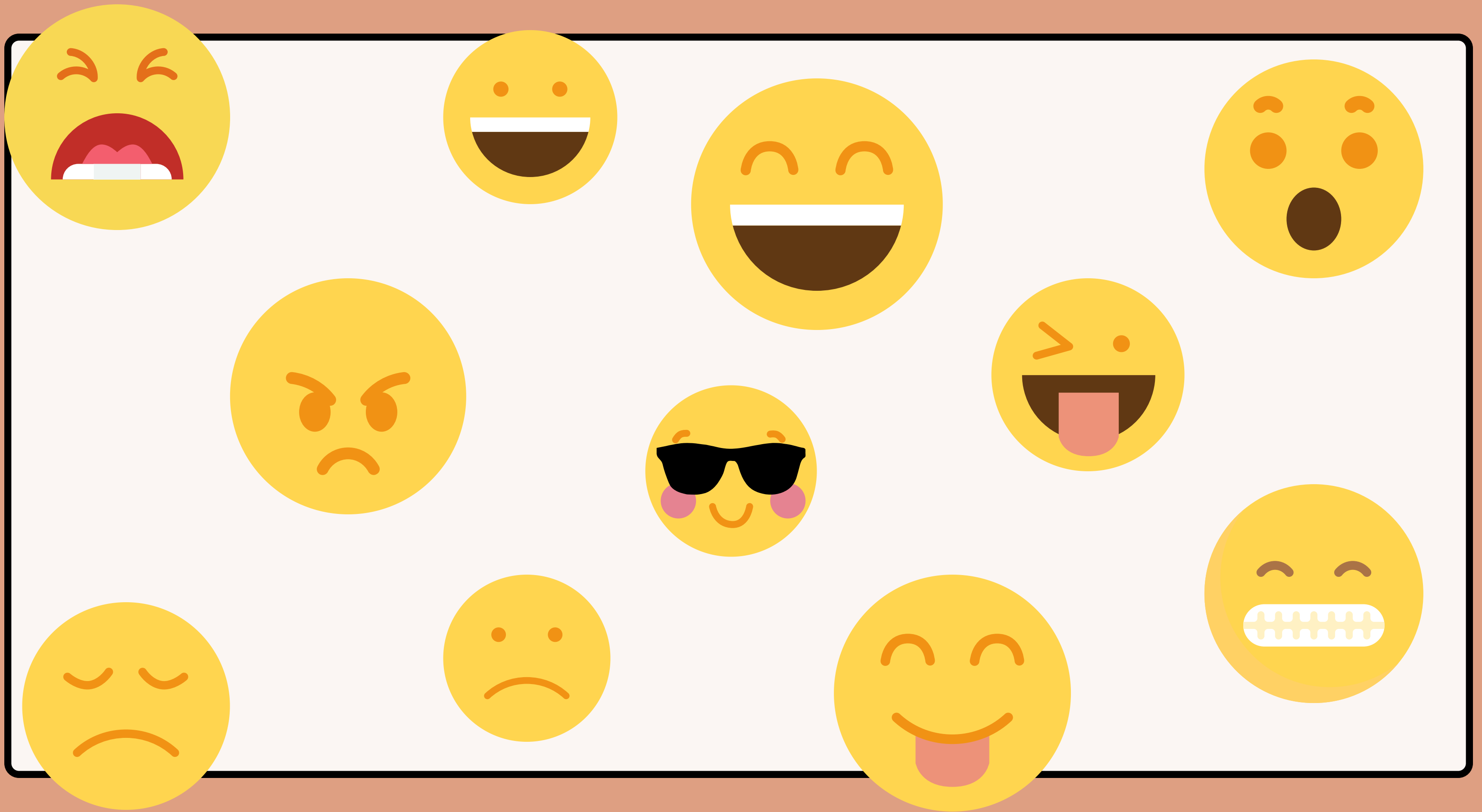
HOW TO TALK ABOUT FEELINGS

Shannon Foley, M.S.Ed

WHAT ARE FEELNIGS?

1 emotional state

2 expression



How do we start the conversation?



Model, Model, Model

- Children learn by watching and listening
- Phrases:
 - "I can't find my favorite shirt, I feel really sad"
 - "Watching my favorite show makes me so happy"
 - "This check out line is so long, I am so angry"
 - "That thunder made me really scared"

Bring Attention to Feelings

- Find times in the day they are expressing feelings or should be expressing/verbalizing feelings
- Phrases:
 - "You look so happy playing blocks, what a big smile!"
 - "You look sad you lost your toy."
 - "Wow, you stomping your feet and yelling are showing me you are angry"

How Feelings Look

- A large part of understanding feelings is learning how we physically display those feelings.



Continue the Conversation

- Books, movies and television shows give plenty of opportunities for you to speak to your child about feelings.
- For example:
 - How is that person feeling? How do you know? Why do you think she/he is ____ (sad, happy, angry)? What makes you _____ (sad, happy, angry)? What makes you feel better when you're _____ (sad, angry, scared)?

Every afternoon, Giraffe and Zebra
walked to the watering hole together.
But today, Giraffe couldn't go.
He would have to tell Zebra.





Zebra sighed. "It's just a tiny spider."

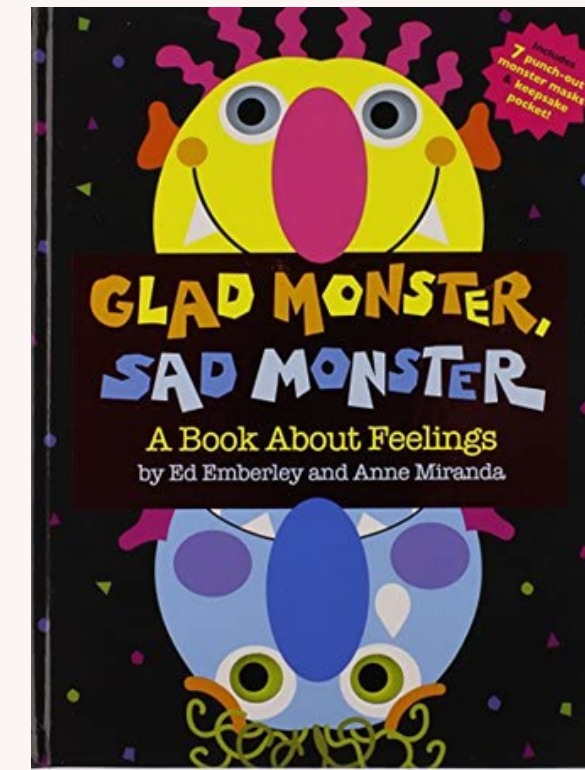
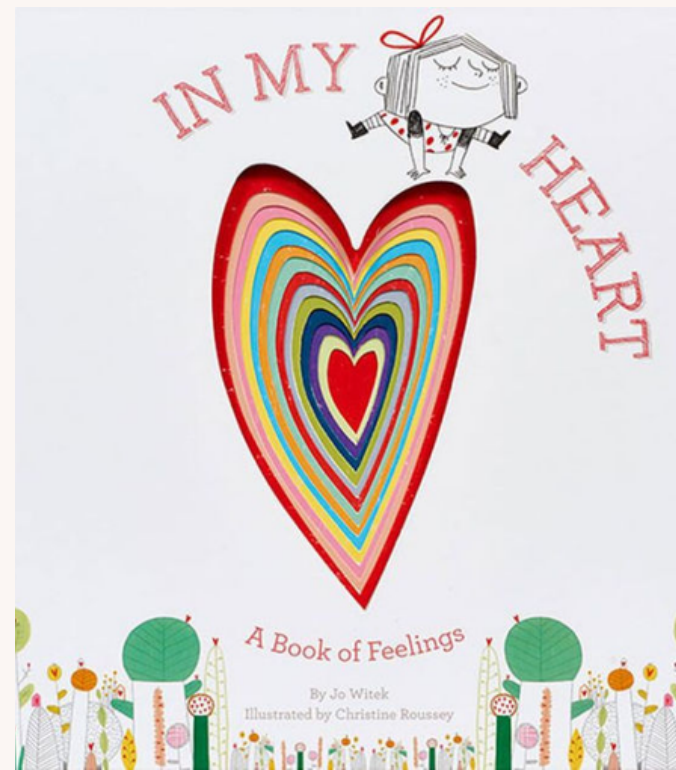
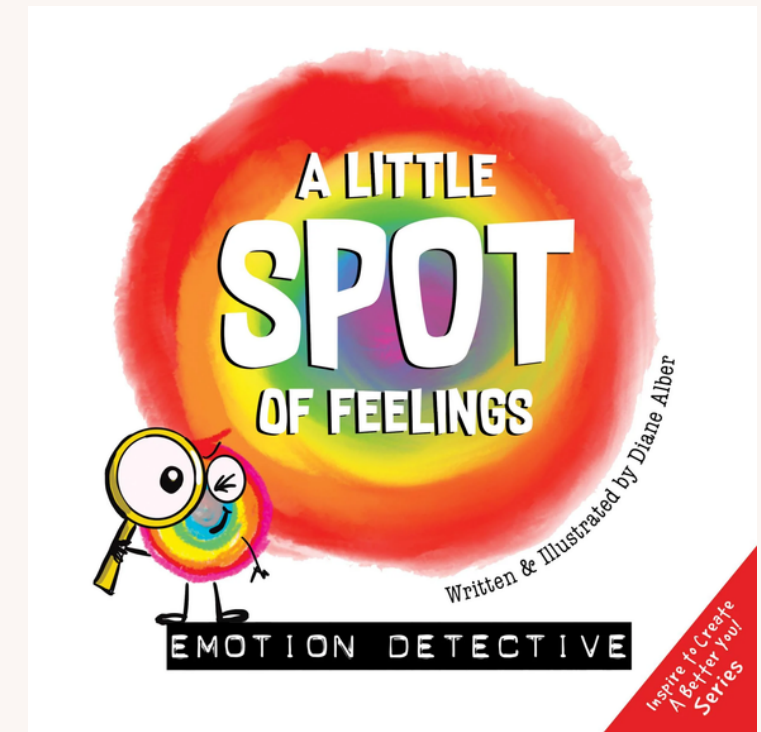
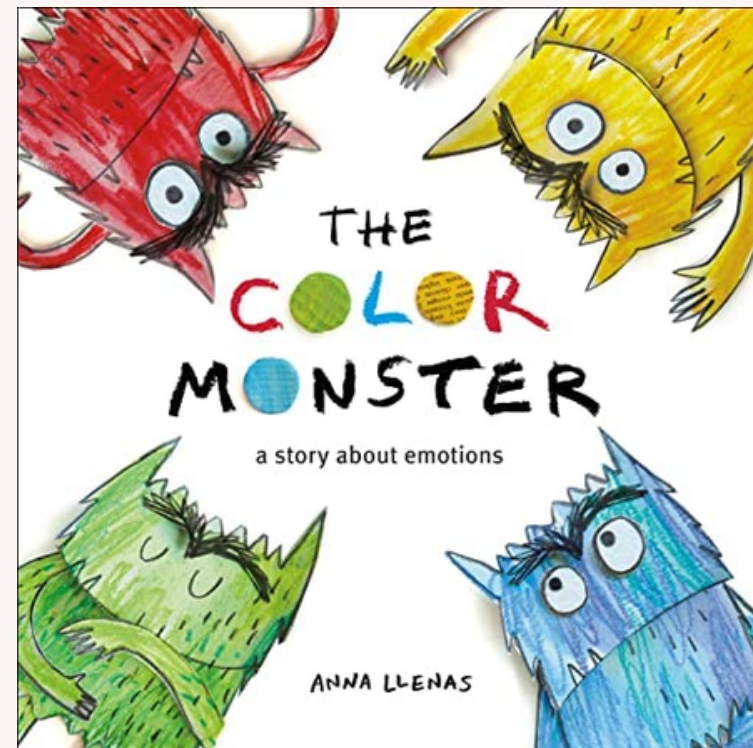
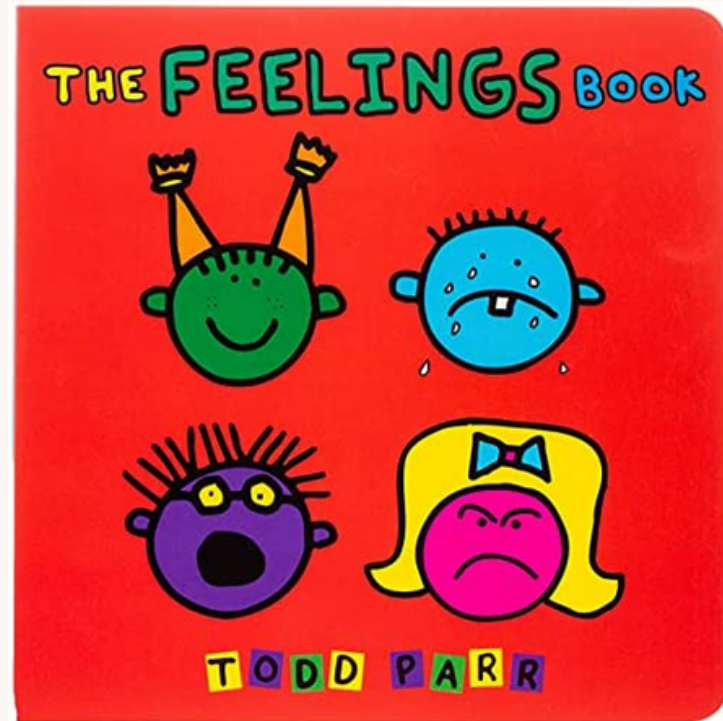
Giraffe understood Zebra's frustration. It did seem kind of silly being afraid of something so small. But no matter, he was scared.



He was worried.

He was embarrassed.

Books!



How do we address
those big feelings?

WARNING

- When a child is in the middle of a 'meltdown', it is not the time to try to talk to them about how they are feeling or what happened.
- Example: If your child is having a tantrum because they do not want to clean up:
 - Immediately address the situation
 - Wait until calm revisit the feelings

Calm Down Strategies

- Deep Breaths
 - Holding hands
 - Flower/Candle Breaths
 - Belly Breaths
 - Balloon Breaths
- Count to 10
- Get a drink
- Sit in calming area
- Color 'Find It'



Tucker Turtle



NCPMI The Turtle Technique



Step 1. Recognize your feelings.



Step 2. Stop your body.



Step 3. Tuck inside your shell and take three deep breaths.



Step 4. Come out when you are calm and think of a solution.

Reminder

- All feelings are okay!
- Never punish your child for expressing their feelings, instead remind them how to appropriately address those feelings
 - "It is okay to feel angry, but it is not okay to throw your toys. When you are angry you stop and take a big deep breath"

Resources

- Sesame Street in Communities
- PBS Kids for Parents
- Article: Talking With Preschoolers About Emotions
- Article: Teaching Your Child to: Identify and Express Emotions
- Tucker Turtle at Home

Thank you!

Shannon Foley
School Counselor
shannon.foley@sayrevillek12.net
732-525-5200 ext. 1435