

Pyramid at Home



The Pyramid Model is a way to support and build a foundation for the healthy social and emotional development of young children.

Skills we are Learning: **EMOTIONS**

What are **EMOTIONS**?

Emotions are universal! Children get excited, sad, frustrated, proud, happy, or embarrassed, but they often do not have the words to express how they are feeling.

Why are **EMOTIONS** important?

Emotions are a natural and important part of who children are. Children need help learning to recognize, express, understand, and manage emotions.



Family Resource

How to Help Your Child Understand and Label Emotions

<https://challengingbehavior.org/document/emotions-how-to-help-your-child-understand-and-label-emotions/>



Ideas for **EMOTIONS** at Home



Use Books to teach **EMOTIONS**

While reading a book explain the characters emotions by using words your child can understand, such as, "Rabbit lost his toy, he looks frustrated he can't find it."

Feelings Poster

https://challengingbehavior.org/docs/FeelingFaces_cards_EN-Blank.pdf

Book List

<https://challengingbehavior.org/implementation/program-wide/books/>

Tips for **EMOTIONS** at Home

State how your child, or others, are feeling. "You look really excited! Your eyes are big and your mouth is open." "Wow, he is really mad. He is crying and making fists with his hands. I wonder why?"



Talk about feelings when you are playing a game, riding in the car, or eating dinner. The more often you talk about feelings, the faster your child will learn to express emotions in a positive way.

It should always be ok for your child to say what they are feeling. They may need help learning appropriate ways to show their feelings. Such as, "I know you are angry. Hitting hurts others. Let's think of something else you can do when you feel angry."

Talk about how you are feeling. "I am really frustrated the lawn mower is broken. I am going to take a break and think about solutions to this problem."