

## EARLY CHILDHOOD CENTER

### Feelings Tip Sheet

#### **Skill: Recognizing Feelings in Ourselves and in Others:**

This tip sheet focuses on identifying emotional states. We will focus on the four basic feelings preschoolers should be able to recognize and express: happy, sad, angry, and scared.

#### **Skill Application Activities:**

- Model the skill for your child! For example, when you see someone who is happy say, "She is happy. Look...her eyes are bright, her eyebrows are high up, and the corners of her mouth are pointed up!"
- When looking at books, talk about the clues in pictures that show people feeling happy or sad.
- Practice expressing the different emotions with your child. This can be a guessing game with one of you pretending to be angry, happy, scared, or sad and the other one guessing which emotion is being acted out. Encourage facial expression and body language. The person guessing should describe to the actor what he or she is noticing. For example, "Your shoulders are low/saggy/droopy. Your eyes are looking down. The corners of your mouth are pointing down. I think you feel sad".
- Be sure to stay positive as this can be difficult for children who may have challenges in the social emotional area. Provide your child with praise when they engage in these activities with you!
- Once emotions are identified, consider practicing self-calming skills, such as taking a deep breath, counting to four or using positive self-talk (calm down, I'm okay, I can ask for help).

Thank you for supporting our program. We hope this tip sheet is helpful for you and your child!