Teaching Children About Feelings

Understanding feelings is an important part of a child's social-emotional development. When you use words to describe emotions, share in their good feelings and comfort them when they feel sad or overwhelmed, young children are learning important social-emotional skills.

It is very typical for toddlers to act out aggressive play with play toys. Play is a perfect time for children to work out strong feelings, even difficult ones like anger, frustration or fear. Watching children as they play and playing with them, helps you to understand what they are thinking about or struggling with.

Feelings vocabulary - with time and practice children will grasp:

Brave	cheerful	worried	joyful	frightened	calm
Excited	confused	frustrated	curious	friendly	shy
Ignored	lonely	interested	proud	embarrassed	jealous
Angry	bored	surprised	silly	stubborn	uncomfortable
Safe	relieved	peaceful	loving	cranky	overwhelmed