

Behavior Support Resources



**Identifying and
Expressing
Emotions**

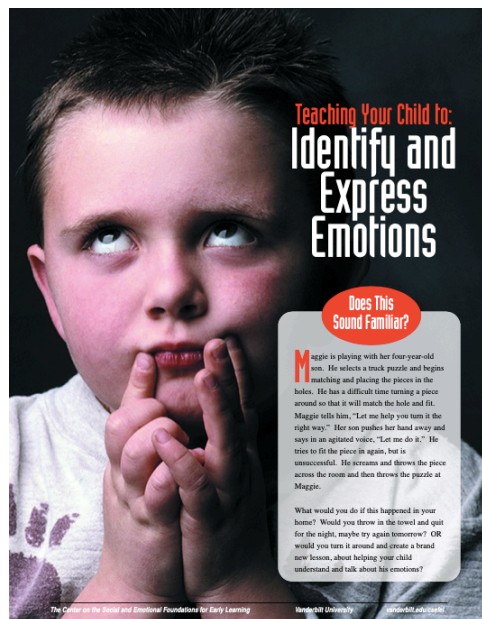
Parents can help their children understand and express their emotions.

1. Giving feelings names and encourage them to talk about how they are feeling
2. Give lots of opportunities to identify feelings
3. Teach different ways they can respond to specific feelings, conflicts, or problems
4. Teach your child to identify and express their emotions



[Parent Training Module](#)

[Center on the Social & Emotional Foundations for Early Learning](#)



How do you feel today?



Aggressive



Agonised



Anxious



Apologetic



Arrogant



Bashful



Blissful



Bored



Cautious



Cold



Concentrating



Confident



Curious



Determined



Disappointed



Disapproving



Disbelieving



Disgusted



Distasteful



Eavesdropping



Ecstatic



Enraged



Envious



Exasperated



Exhausted



Frightened



Frustrated



Grieving



Guilty



Happy



Horrified



Hot



Hungover



Hurt



Hysterical



Indifferent



Idiotic



Innocent



Interested



Jealous



Joyful



Lonely



Lovestruck



Meditative



Mischievous



Miserable



Negative



Obstinate



Optimistic



Pained



Paranoid



Regretful



Relieved



Sad



Satisfied



Shocked



Sheepish



Smug



Surprised



Suspicious



Sympathetic



Thoughtful



8 Ways to Play & Learn With Emotions Cards

1. Making Faces

Place a set of cards face down on a stack. Turn over the top card. Have your child name the emotion and make a face to match.

2. Guess the Emotion

Spread out a set of cards face up. Take turns to choose a card but don't tell the other players which you have chosen. Make a face and see if the other players can guess which card you chose.

3. The Way I Feel Story Game

Spread out a set of cards face up. Take turns to choose a card but don't tell the other players which you have chosen. Tell a short story about a time you felt like that and see if the other players can guess which card you chose.

4. Matching Emotions

Print two sets of the cards (complete with the backing pattern on the reverse side) to make your own Concentration style matching game. To play, spread out all cards face down. Take turns turning over two cards at a time. If you find a match, you keep that pair of cards.

5. Story Emotions

Lay out 3-4 cards. Using a small figurine, tell a short story about the toy. For example - "Peppa's balloon popped." Ask your child to put the figurine on the card that shows how Peppa would feel if this happened.

6. Positives and Negatives

Sort a set of cards into positive and negative emotions. Discuss why each emotion is in the nominated group.

7. Supporting Our Friend's Emotions

Choose a negative emotion and talk about ways to speak to and support someone who we can see feels this way. Practice saying these words by role playing being a friend who supports the emotions of others.

8. Emotions Snap

Print multiple copies of the cards (complete with the backing pattern on the reverse side) to make your own Snap game card pack - you'll need at least four sets. Shuffle the cards for a game of Snap.



angry



confused



nervous



excited



grumpy



proud



scared



happy



sad



angry



confused



nervous



excited



grumpy



proud



scared



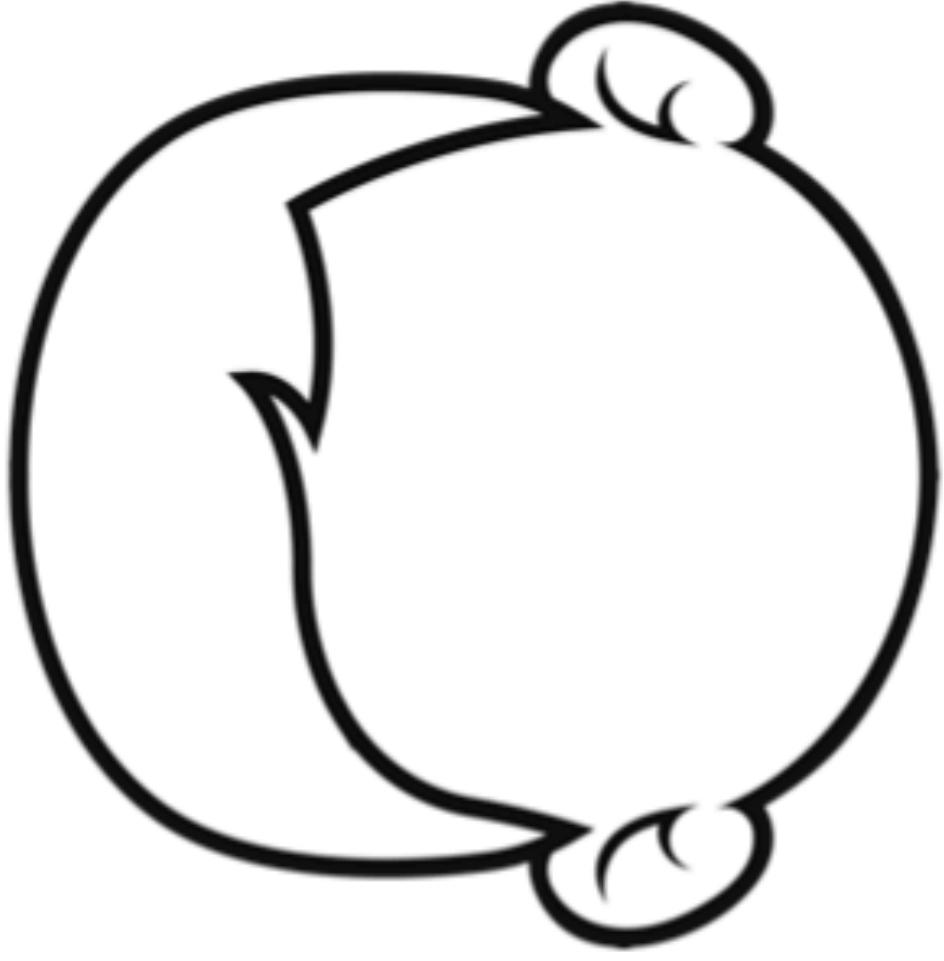
happy



sad

Today

I Feel



I feel this way because



I Feel:



sad



angry



scared



worried



frustrated



hungry



happy



excited



I Want:



hug



break



walk



water



snack



talk



deep
breath




work

Emotions & Feelings Videos



- [What is She Feeling?](#)
- [Feeling & Emotions Song](#)
 - [StoryBots Feelings](#)
- [Emotions Hokey Pokey](#)





**As always reach
out if you have
any specific
needs or need
more
information.**

**We are here for
YOU!**