



Understanding Feelings

Kids have all of the same tricky, wonderful, confusing, and big emotions that adults do. It's important for them to know that it's okay to feel all of their emotions — and that means good feelings but also uncomfortable ones.

As your child learned from our hedgehog friends, emotions are important because they tell us a lot about ourselves and the world around us. They also help us connect with one another. Learning how to notice, label, and express their feelings helps children feel more in control. “Feelings happen every day. Feelings happen, they’re okay!”

Important skills from the video

- Everyone has lots of different feelings, and all of them are okay.
- Name feelings when they happen. Naming feelings helps you notice that they are happening — and lets you know that you can feel more than one emotion at a time.
- Notice how feelings in your body are connected to different emotions. Our bodies give us clues about what we are feeling.

PRACTICE SKILLS

- Check in with your child every day and ask what they are feeling. Showing them pictures or giving them different words to use can help them get better at talking about their feelings — do this before jumping to problem-solving or fixing what is wrong! You might say:



“I see that you’re feeling sad, and that’s okay.”

“I hear you feel angry and sad at the same time. That happens.”

“It makes sense to feel excited and nervous!”

- Praise them every time they name their feelings or notice someone else’s feelings. And be specific about what they did well. You might say:



“Great job knowing that you feel scared. Thank you for letting me know.”

“Good job noticing that you are feeling mad. I will take deep breaths with you to calm down our bodies.”

- Use picture books and stories. Ask kids how a character may be feeling based on the story or their expression in the picture. You can also use books and stories to help your child understand their own feelings, and where in their body different feelings happen.

For example:

“How do you think Jaila is feeling in this picture?” “What is Jaila doing that makes you think she is feeling mad?” “Where do you feel mad in your body?”

- Share how you are feeling and how you feel it in your body. This is a great way to teach kids that uncomfortable feelings are normal.

START WITH THIS →

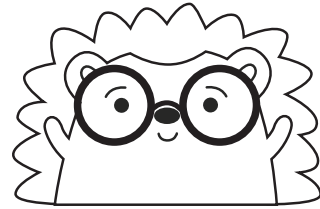
- When kids talk about their feelings, caregivers should make sure they feel heard. Let kids know that it's normal to have all kinds of feelings. Talking it through helps kids understand their feelings better and better as they grow.
- Talk about your own emotions and what they look and feel like. When kids do the same, give them praise to remind them that this is an important skill.

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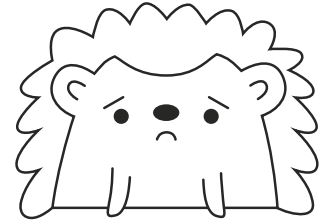
🎵 Feelings happen every day. Feelings happen, they're okay. 🎵

Below are our hedgehog friends with different feelings faces.
Match the feeling word to the hedgehog face.

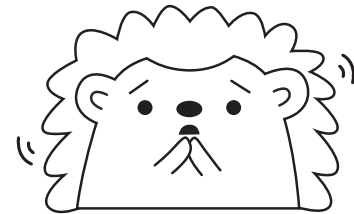
Sad



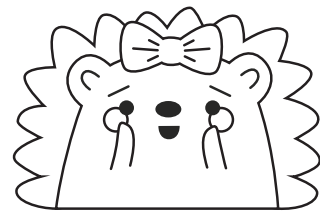
Mad



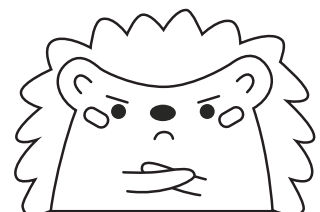
Happy



Scared



Surprised



Understanding Feelings



♪ Feelings happen every day. Feelings happen, they're okay. ♪



Happy

Mad

Scared

Sad

Surprised

