

## TEACHING OLDER CHILDREN EMOTION WORDS AND FEELINGS

Helping children link a word to a feeling is the first big step in learning to manage their emotions.

Parents and carers play an enormous role in teaching children an emotional vocabulary.

Here are some key emotion words:

HAPPY; WORRIED; DISAPPOINTED; SCARED; ANGRY; CALM; EXCITED

Think of a way you can talk to your child about each of these words.

Use the chart below to make a list of some of things you could do to help your child with emotion words.

Emotion Word	How to talk to your children about this word	Your idea
HAPPY	Notice when your child laughs and say “you look happy, you are smiling and laughing”. This helps link the word to the feeling.	
SCARED	Tell a story about an animal or pet that was scared to do something – the kitten who was scared of the barking dog.	
WORRIED	Talk about feeling worried about an upcoming event; maybe a school camp?	
DISAPPOINTED	Talk about feeling disappointed when a birthday party was cancelled.	
ANGRY	Use this word when your child is angry so that they link the word to the feeling.	
CALM	Talk about feeling calm when you notice your child is settled, help them connect the word to the feeling.	
EXCITED	Notice when your child is excited and use this word to help them connect the feeling to the word.	