

How can you help children to...

by Successful Solutions Training in Child Development
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Recognize emotions in oneself and others

Play games where emotions are modeled and acted out.

Take a moment to discuss emotions as they occur.

Give emotions names and teach tools to help with them.

Don't hide your own emotions.



Understand the causes and consequences of emotions

Use social stories that identify emotions and consequences that occur with them when handled properly and improperly.

Be a model for emotional intelligence.

Talk through the potential outcomes of various emotional situations.



Label emotions accurately

Talk about feelings and emotions regularly, giving children labels and words for what they're feeling.

Address emotions formally and informally as well as in large groups and one-on-one.

Give children the words to express what they're feeling. Use pictures, books, activities, and other materials to label all types of emotions.



Express emotions appropriately



Teach children to express their emotions appropriately based upon where they are and the situation they are in.



Include conversations about culture and diversity when discussing emotional expressions.

Different cultures have different rules about emotions and kinds of expressions.

Give children tools to express even troubling emotions appropriately for different situations.



Regulate emotions

Teach strategies to use to regulate emotions to keep them from boiling over.

Help children identify which emotions are appropriate to regulate for which situations.

Identify negative and positive emotions with children and talk about what they are and why those emotions occur.

