

## Help you Child Verbally Label Emotions

1. Create a list of emotion words together. This can be done on paper or just out loud. Hearing the words your child chooses will give you insight into their feelings.
2. Start by saying "Today, I feel \_\_\_\_\_" (fill in the blank with an emotion). Then make it a game and say, "Let's think of all the other words we can that mean the same thing."
3. Find pictures (in magazines or books) of people showing emotions together. Label them together. Or, cut them out and make a collage together by pasting them on paper.
4. Make a game where you name an emotion and then find someone on TV, in a book or magazine that is showing that emotion.
5. Create a feeling bank. Ask your child what they are feeling and then write that word on a small piece of paper and put it in a jar. At the end of an agreed upon period of time (1 week / 1 month), your child can look in the jar and see all the feelings they had.
6. Young kids love to make up words. Let your child make up some fun words that might describe how they are feeling. For example: HappyDappyDoo!
7. Sometimes, kids aren't able to talk about their emotions, but they can explain why one of their stuffed animals or toys is feeling the same way. A parent can mention that the toy looks mad or sad and then ask the child if they are right?
8. For older kids, suggest they keep a feelings log. Every day, they can pick a word to describe how they are feeling. You will be surprised by the creativity.