

Does Not Talk About Their Feelings (Emotional Self-Knowledge 2)

Being able to recognize and talk about feelings is an important developmental skill. Children who have difficulty identifying their own emotions often do not know how to recognize emotions in other people. Not being able to identify the feelings of others can lead to situations where your child may be harmed by another person or fail to help someone else in need. Help your child learn to recognize their own feelings and successfully talk about them.

1. Emotions Thermometer

If you can, draw a thermometer or something where your child can indicate a level of an emotion. Then ask your child to answer the following questions. For each question, have your child answer with the emotion she would feel in the situation and then draw how intense that emotion would be. Explain that she can color in the thermometer to show how strongly she would feel that emotion.

You lost a big baseball game.

Feeling: _____ |

You got an "A" on a math test.

Feeling: _____

Your friend invites you to go swimming.

Feeling: _____

Someone calls you stupid.

Feeling: _____

You lose your homework.

Feeling: _____

You make your mom a birthday present and she loves it.

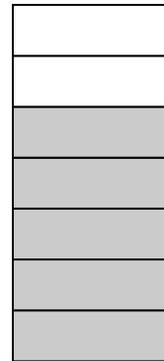
Feeling: _____

Someone spills a drink all over your new clothes.

Feeling: _____

You made fun of a classmate and made her cry.

Feeling: _____



2. Feelings and Actions

With your child, choose a word from the following “Feelings” list and ask her what she does when she feels that way. Then she can choose a feeling and ask you what you do when you feel that way.

afraid	cheated	embarrassed	humble
loved	selfish	teased	bad
cheerful	excited	hurt	mad
shy	tired	betrayed	confused
frustrated	impatient	nervous	silly
unimportant	bored	crushed	furious
irritated	proud	slow	weird
brave	curious	guilty	jealous
“picked on”	smart	wild	“bugged”
discouraged	happy	lonely	
surprised	worried	sad	

3. Do Something Nice

Discuss with your child nice things you can do for someone (e.g., make cards for sick children, take food to a homeless shelter, visit a nursing home or convalescent center, etc.). The act should be personal and specific. Children usually have a hard time fully understanding anonymous acts of kindness, such as donating money to a charity.

Afterwards, ask your child how she felt when she did the nice thing. Have them draw a picture of how they felt. For example, they might draw a sun or a happy face.

4. Tie it Together

Explain that sharing our feelings helps others know best how to help us. We also help others by giving them more information about us. They don't have to guess and then maybe do something that won't work as well. Provide opportunities for your children (and you too...if you need it) to practice talking about their feelings so you can become good at communicating. Plus, open communication between parent and child is crucial for dealing with problems and answering questions. Take advantage of this perfect opportunity to establish a pattern of positive communication.