

Teachers and Parents "Emotion Coaching"



Describing children’s feelings is a powerful way to strengthen their emotion literacy. Once children have emotion language, they can better regulate their own emotions because they can tell you how they feel. From the following list of emotions choose a few that you could comment on when interacting with a child. Combine the verbal emotion words with your facial expressions and use of picture emotions. Slowly add more feeling words and be sure to have a balance of more positive than uncomfortable feeling words. When using uncomfortable emotions combine with a coping emotion word.

Feelings/Emotion Literacy	Goals
<input type="checkbox"/> happy <input type="checkbox"/> brave <input type="checkbox"/> frustrated <input type="checkbox"/> disappointed <input type="checkbox"/> calm <input type="checkbox"/> fearful <input type="checkbox"/> proud <input type="checkbox"/> loving <input type="checkbox"/> excited <input type="checkbox"/> tired <input type="checkbox"/> pleased <input type="checkbox"/> energetic <input type="checkbox"/> sad <input type="checkbox"/> helpful <input type="checkbox"/> worried <input type="checkbox"/> confident <input type="checkbox"/> patient <input type="checkbox"/> having fun <input type="checkbox"/> jealous <input type="checkbox"/> forgiving <input type="checkbox"/> caring <input type="checkbox"/> proud <input type="checkbox"/> curious <input type="checkbox"/> angry <input type="checkbox"/> mad <input type="checkbox"/> interested <input type="checkbox"/> embarrassed	

Modeling Feeling Talk and Sharing Feelings

- “I am proud of you for solving that problem.” (Show Proud picture.)
- “I am really having fun playing with you.” (Show Happy picture.)
- “I was nervous it would fall down, but you were patient, and your plan worked.” (Show Nervous picture.)
- “Your friend is so happy that you shared with her.”