



Beckton & Royal Docks Children's Centre Tip Sheet

Feelings

Children need to learn to recognise their feelings and learn the words to label them. They will need help from you to do this and will need you to show them different ways to manage their feelings. For example you could say "I can see you are getting very frustrated with that toy - it's not working properly is it? Let's see if a cuddle might help and we can look at it together".

- 1) Adult recognises the emotion.
- 2) Adult names the emotion for the child.
- 3) Adult provides some comfort.
- 4) Adult offers solution.

By repeating this four stage approach every day the child can learn to manage their feelings themselves. You can start this approach with babies.

Using a feelings box helps children become aware of a variety of emotions and vocabulary to explain them. To play, fill a box with some favourite and unfamiliar objects. Talk to the children about what they like/dislike about each one and why they might be feeling like that.

