

Refrigerator Notes

Facilitating Children's Emotion Learning: Parents as "Emotion Coaches"



Describing children's feelings is a powerful way to strengthen a child's emotional literacy. Once children have emotion language, they will be able to better regulate their own emotions because they can tell you how they feel. The following is a list of emotions that can be commented upon when spending special time with your child. Use this checklist to practice describing your child's emotions as well as your own.

Feelings/Emotion Literacy		Examples
<input type="checkbox"/> happy <input type="checkbox"/> calm <input type="checkbox"/> proud <input type="checkbox"/> excited <input type="checkbox"/> sad <input type="checkbox"/> helpful <input type="checkbox"/> jealous <input type="checkbox"/> brave <input type="checkbox"/> loving <input type="checkbox"/> shy <input type="checkbox"/> afraid <input type="checkbox"/> anxious <input type="checkbox"/> angry <input type="checkbox"/> mad <input type="checkbox"/> forgiving	<input type="checkbox"/> caring <input type="checkbox"/> curious <input type="checkbox"/> interested <input type="checkbox"/> embarrassed <input type="checkbox"/> disappointed <input type="checkbox"/> courageous <input type="checkbox"/> persistent <input type="checkbox"/> having fun <input type="checkbox"/> confident <input type="checkbox"/> frustrated <input type="checkbox"/> worried <input type="checkbox"/> patient <input type="checkbox"/> pleased	<ul style="list-style-type: none"> • "That is frustrating, and you are staying calm and trying again to figure it out." • "You seem proud of that drawing." • "You are confident of the plot and characters of that story." • "You are so patient. Even though it keeps falling apart, you just keep trying to see how you can make it more complex. You must feel pleased with yourself for being so patient." • "You look like you are having fun spending time with your friend, and he looks like he enjoys doing this with you." • "You are so persistent. You are trying out every way you can to make it work out." • "You are forgiving of your friend because you know it was a mistake." • "You are so curious and asking good questions."

Modeling Feeling Talk and Sharing Feelings

- "I am proud of you for solving that problem."
- "I am really enjoying being with you."
- "I was nervous for you when you presented, but you were patient and confident, and your presentation went well."
- "I'm sad about that now, but I'll feel better in a while."