

Expressing Feelings

The first feelings that children usually learn are **'happy'**, **'sad'**, **'angry'** and **'scared'**

Help children learn and use the names for feelings

- Name how you think they are feeling e.g. "Sam is happy" or "I can see you are a bit sad" Model talking about feelings by labelling your feelings e.g. "I am happy playing in the sand with you"
- Play games with puppets etc. Puppet might feel sad, happy, angry, scared etc.
- Use mirrors for experimenting with different expressions whilst playing
- Looking at books together – mention feelings, expressions.

Support children to feel that it's ok to show emotion – to be sad, to be angry, to be scared etc.

When children have learned some emotional vocabulary we can help them to tell us how they are feeling

- Continue naming and describing their feelings for them (when you think you know what they are)
- Leave pauses for them to join in
- Avoid asking questions that put pressure on them
- Talk about feelings in stories
- Create role play opportunities
- Use puppets to ask questions and have conversations that involve feelings