



COFFEE CHAT #1- TEACHING EMOTIONS: FACILITATION GUIDE AND ACTIVITY DETAILS



CREATE A FEELINGS BOOK

Print color copies of Feeling Faces. Have lots of copies available (along with cardstock, scissors, markers and glue) and help parents make their own Feelings Book to take home. Talk about ways they could use them to spark conversation with their children. For example, you could point out an image of a child who is sad in the book and say something like "Oh, this little boy looks like he's feeling sad- can you think of a time when you may have felt that way?"

There is a sample of a Feeling Book in your Kit Box; you can recreate this design or encourage parents to make one that will work best for their child and his or her individual needs.

READING BOOKS ABOUT EMOTIONS TOGETHER

Knuffle Bunny by Mo Willems and Glad Monster, Sad Monster by Anne Miranda are great books for teaching emotions. Consider having copies on hand for parents to read and talk about how books are a perfect opportunity to delve deeper into your own child's feelings. You could pause the book while reading to highlight a moment where one of the characters is feeling happy and say "Wow! This little girl looks so happy! That reminds me of the time you found out we were going to the park and meeting your friend there for the day! What else makes you feel happy?"



DEMONSTRATE GAMES

Feeling Wheel : *There is a sample Feeling Wheel included in your Kit Box.* You can use the template page provided to help parents make their own Feeling Wheel to take home. You can show parents how they could take turns with their child to spin the wheel and then label whichever emotion the spinner lands on. You could say something like "This child has her mouth open and her eyebrows are raised- she looks like she might be feeling surprised! I remember a time when I felt surprised! We were at the corn maze and you and Daddy were around the corner and I didn't know you were there and when I came around the corner, I was surprised to see you guys!"

Other games you could model or suggest include:

Emotion Bingo: Have Bingo cards and calling cards made up and play a round of Emotion Bingo.

Matching Game: Have doubles of each card printed and take turns with a partner to find matching pairs. Label and talk about each emotion as you find the one that matches.

What's in the Bag: Have parents take turns reaching into a bag with emotion cards and pulling one out. They can then share a time they may have felt that way. *There is a sample of this game in your Kit Box.*

SHARE HANDOUTS

Make copies of the handouts included in your Kit Box. These include NCPMI- This is How I Feel and Backpack Series- How to Help Your Child Understand and Label Emotions



COFFEE CHAT #1- MATERIALS LIST



COFFEE CHAT #1 MATERIALS LIST

MATERIALS NEEDED

- **Printed copies of invitation to distribute to guests**
- **Feelings Book**- Cardstock and printed copies of Feeling Faces. scissors, glue and a way to attach pages together (stapler, metal ring, glue, etc)
- **Feeling Wheel**- Printed copies of Feeling Wheel, cardstock to glue them on once cut out, brad for centre of wheel and cardstock for spinner.
- **Feelings Bag, Emotion Bingo or Matching Game**- Printed copies of various feeling cards, scissors, bag. Glue onto cardstock for Bingo game. Can use laminator or mactac if available.
- **Printed copies of all handouts**
- **Books about Emotions (Knuffle Bunny & Glad Monster, Sad Monster are great!)**



How to Help Your Child Understand and Label Emotions

Brooke Brogle, Alyson Jiron & Jill Giacomini

You can help your child expand her emotional vocabulary by teaching her words for different feelings. Once she knows and understands these words you can help her to label her own feelings and the feelings of others. For example, do you remember a time when your child had a meltdown at the grocery store or other public place? Perhaps you tried soothing your child by telling her to “calm down” and felt confused and unsure of what to do next when she continued the tantrum. Next time you can better help your child understand and deal with the emotions she is feeling by saying, “You look sad and disappointed. Sometimes I feel that way too. I wonder what we can do to feel better?” Teaching your child about her emotions can be a fun and rewarding experience and prevent challenging behavior from occurring in the first place.



Backpack Connection Series

About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child’s backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child’s individualized learning and support needs. To learn more about the Pyramid Model, please visit ChallengingBehavior.org.

More Information

More information and resources on this and other topics are available on our website, ChallengingBehavior.org.

Try This at Home

- Simply state how your child is feeling. “You look really excited! I see your eyes are big and your mouth is open.”
- State how others are feeling, “Wow, that little boy is really mad. I see he is crying and making fists with his hands. I wonder why?”
- State how you are feeling. “I am really frustrated that the lawn mower is broken. I think I’m going to take a break and come up with some solutions to this problem.”
- Use books as teaching tools. There is a huge selection of children’s books that focus on emotional literacy. Visit <http://csefel.vanderbilt.edu/resources/strategies.html#list> where you will find a book list, book activities and other resources for teaching emotional literacy.

The Bottom Line

Children with a strong emotional vocabulary:

- Tolerate frustration better
- Get into fewer fights
- Engage in less destructive behavior
- Are healthier
- Are less lonely
- Are less impulsive
- Are more focused
- Have greater academic achievement

Practice at School

Talk with your child’s teachers to see how they are teaching your child about emotions at school. Many emotions are seen and experienced at school. With adult help, children are taught how emotions look and feel on their bodies. Through books and real experiences, teachers show that a child looks sad because he is crying or mad because her fists are tight. As children begin to recognize what emotions look like, they can begin to manage their own emotions and show empathy toward others.



ChallengingBehavior.org



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Emotional Literacy: Using Feeling Faces

The Feeling Faces assist children with understanding their feelings and the feelings of others. It is important to teach children words to use to express feelings in place of the use of challenging behavior. The feeling cards that follow can be used in a variety of ways to help children learn social emotional skills around use of emotional literacy and vocabulary.

- ▶ Use the pictures to talk about, identify, and describe different emotions when you or children feel this way.
- ▶ The feeling faces can be used as part of an “emotion check in.” Children can use the feeling faces to let you know how they are feeling throughout the day.
- ▶ Teach new feeling vocabulary words. Start with a few emotions then move to the more complex emotions. Teach a balance of “positive, comfortable” and “negative/uncomfortable” feelings.
- ▶ Discuss how people can tell how you are feeling by looking at the expression on your face. Talk about how to tell the different feelings apart by looking at the eyes, the mouth or body position of a person. Use the feeling faces to help you point out and explain the different facial expressions.

Make it your own!

Use the blank lines under each feeling to add your own language translations!



Activities with the Feeling Faces Cards

- ▶ Select the feeling faces you want to introduce to children. Place those pictures on key rings around the classroom to support children in the moment with identifying and responding to emotions.
- ▶ Cut the feelings and have children take turns drawing a feeling card. The child acts out the feeling from the card and the peers guess the emotion.
- ▶ Use the feeling faces to develop a classroom feelings book.
- ▶ Use the feeling face pictures as a way to pair children together. Duplicate the faces and pass out the pictures. Prompt children to locate the matching feeling face. When they find their match, they have found their partner!
- ▶ Use the feelings face pictures to create games. These type of games work great in small group instruction or part of an existing center.
 - Duplicate the faces and make a “matching” or “memory” game.
 - Cut out the pictures and use a template to make a bingo board. While playing the game, call out the feelings and have children put a marker on the named feeling.



Affectionate



Bored



Brave



Calm



Cheerful



Comfortable



Creative



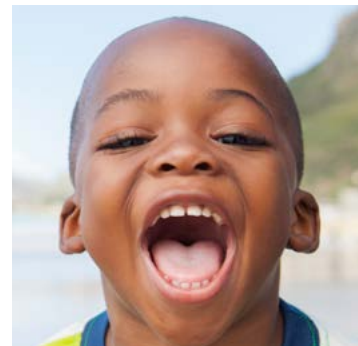
Curious



Disappointed



Disgusted



Excited



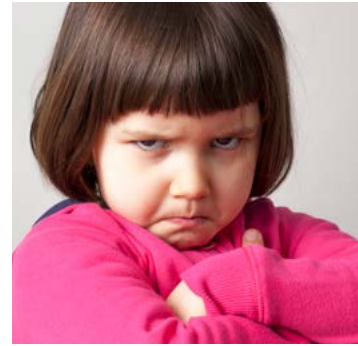
Embarrassed



Fantastic



Fearful



Frustrated



Happy



Jealous



Lonely



Loved



Mad



Nervous



Overwhelmed



Proud



Relaxed



Sad



Safe



Satisfied



Scared



Sensitive



Serious



Shy



Stressed



Strong



Tense



Tired



Worried

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Make it your own!

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Happy
hau'oli

Feeling Wheel: Large Group or Small Group Activities

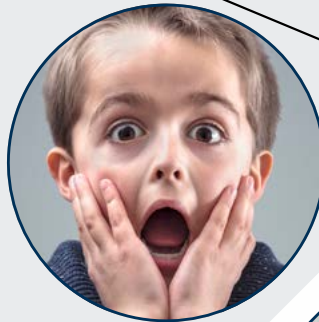
- ▶ Take turns having children spin the wheel. All children label and model the emotion the spinner lands on.
- ▶ Have one child spin the wheel and “act” out the feeling the spinner landed on. The remaining children “guess” the emotion.
- ▶ Spin the wheel to identify an emotion. Have children take turns discussing a time when they felt or experienced that emotion.

Feeling Wheel

Happy



Scared



Calm



Frustrated



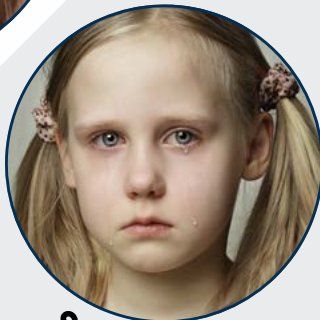
Mad



Nervous



Sad



Excited





Feeling Faces: This is how I feel today!

Emotional Literacy: Using Feeling Faces

The Feeling Faces assist children with understanding their feelings and the feelings of others. It is important to teach children words to use to express feelings in place of the use of challenging behavior. The feeling posters can be used in a variety of ways to help children learn social emotional skills around use of emotional literacy and vocabulary.

Attached is a poster with children expressing different emotions. You can use the pictures to talk about, identify, and describe different emotions and when you or your children feel this way. Children can “check-in” and let you know how they are feeling throughout the day or learn feeling vocabulary words.

Make your own poster:

Materials needed:

- ▶ Poster template (attached)
- ▶ Camera
- ▶ A way to print from your computer or develop pictures once taken
- ▶ Children to make facial expressions for each feeling
- ▶ Tape/glue to attach pictures

Process:

- ▶ Discuss how people can tell how you are feeling by looking at the expression on your face. Talk about how to tell the different feelings apart by looking at the eyes, the mouth or body position of a person.
- ▶ Take pictures of each feeling. Select one emotion at a time and take pictures of children making the facial expression that matches the feeling.
- ▶ Print/Develop the pictures and attach to the poster template.
- ▶ Add different pictures of other emotions as children learn to identify and express the different feelings.



Frustrated



Embarrassed



Lonely



Sad



Mad

**This is how I
feel today!**



Nervous



Happy



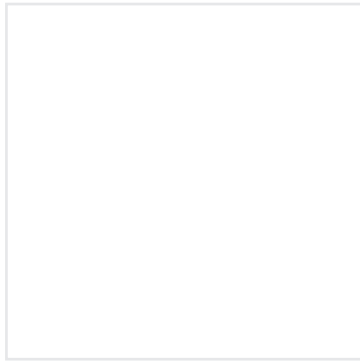
Loved



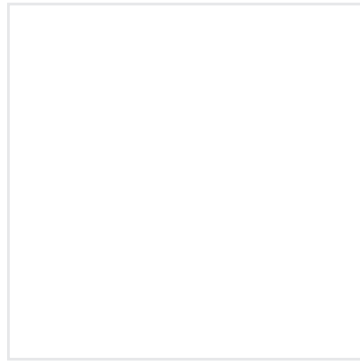
Scared



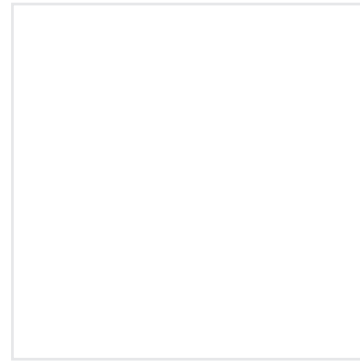
Proud



Frustrated



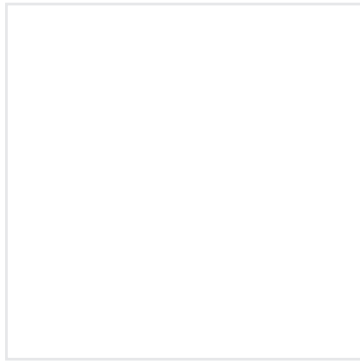
Embarrassed



Lonely



Sad

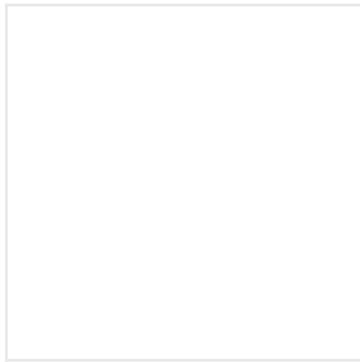


Mad

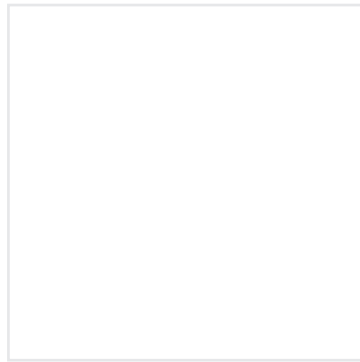
**This is how I
feel today!**



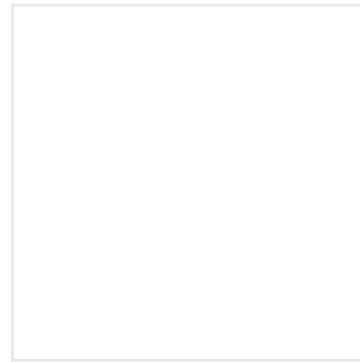
Nervous



Happy



Loved



Scared



Proud

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Happy
hau'oli

Feelings Cube Activity

Use these cards in a ‘Pocket Dice’ to create a Feelings Cube.

Preschool Age Children

- ▶ Have children take turns rolling the dice.
- ▶ Have children label the emotion the dice lands on.
- ▶ Encourage all children to model the emotion the dice lands on.

Infants and Toddlers

- ▶ Young children may enjoy playing with the cube.
- ▶ Keep the cube in a location that encourages play, such as block area or with other manipulative and building toys.





Affectionate



Bored



Brave



Calm



Cheerful



Comfortable



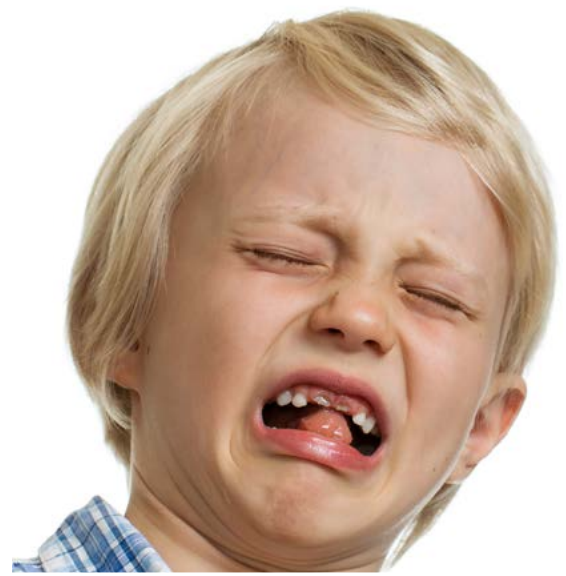
Creative



Curious



Disappointed



Disgusted



Excited



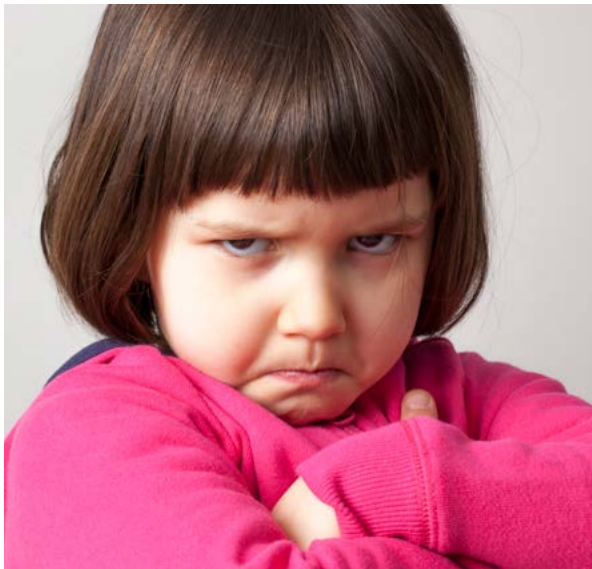
Embarrassed



Fantastic



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Mad



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Relaxed



Sad



Safe



Satisfied



Scared



Sensitive



Serious



Shy



Stressed



Strong



Tense



Tired



Worried



Teaching Emotions: Activity Ideas to Share with Families

Feel free to copy these and put in a newsletter or on a handout to send home to your families.

Share a story in a new way.

Read a story book to your child that shows characters who experience an emotion (e.g., sad, happy, scared, worried, confused, etc.). Stop on a page where the character is showing the expression. Ask your child “What do you think he is feeling?”, “Why is he feeling that way?”, or “Look at her face, how can you tell that he is ___?” Other questions could be “Have you ever felt___ . What make you feel that way?” or “What will happen next?” or “What should he do?” Do not pause too long on one page and only continue the discussion as long as your child shows an interest.

Make an Emotion Book with your child.

An easy project to do with your child is to make a homemade book. All you need is paper, crayons or markers, and a stapler. You can make a book about one emotion and have your child fill the pages with things that make him feel that way. For example, a “Happy Book” may have pictures that you and your child draw of things that make him happy or it may include pictures cut out of magazines that are glued on the pages. Another approach may be to devote a page to an emotion and have the book be about a variety of feeling words (happy, mad, surprised, scared, irritated, proud, etc.). For children who have a lot to say about their feelings, you might want them to tell you a sentence about what makes them feel an emotion and you write the sentence on the page. Then, your child can cut out a picture and glue on the book or draw a picture to go with the emotion. Warning, this activity will be enjoyable if you do it with your child, but would be difficult for your child to do alone.

Play Make a Face with your child.

You start the game by saying, “I am going to make a face, guess what I am feeling by looking at my face.” Then, make a happy or sad face. When your child guesses the feeling word, respond by saying “That’s right. Do you know what makes me feel that way?” Follow by describing something simple that makes you feel the emotion (e.g., a fluffy kitten makes me happy, I feel sad when it rains and we can’t go to the park). Please note, this is not the time to discuss adult circumstances that are linked to your emotions (e.g., “When your Daddy doesn’t call me, I feel sad”). Then say to your child, “Your turn, you make a face and I will guess what you are feeling.” Don’t be surprised if your child picks the same emotion that you just displayed, it will take time before they can be creative with this game. Once you guess, ask your child to name what makes him have that emotion. Keep taking turns until your child shows you that he or she is not interested in continuing the game.

Play “Mirror, Mirror...what do I see?” with your child.

Using a hand mirror or a mirror on the wall, play this game with your child. Look in the mirror and say “mirror, mirror, what do I see?” Then make an emotion face. Follow by naming the emotion by saying “I see a sad Mommy looking at me”. Turn to your child and say “your turn”. Help your child remember the phrase “mirror, mirror what do I see?” You may have to say it with your child. Then, tell your child to make a face and help them say the next sentence “I see a happy Patrick looking at me.” Don’t be surprised if your child always wants to do the emotion that you just demonstrated. Play the game until your child loses interest.

The Children's Book List includes diverse examples of books that can be used to promote social-emotional skills such as feelings and emotions, friendships, kindness, and problem solving. The list is not meant to be exhaustive. Additional books will be periodically added to the list. For more information about individual books, visit the [Children's Books](#) list on the NCPMI website.

Title	Author
ABCs of Kindness	Samantha Berger
A Feel Better Book for Littler Worriers	Holly Brochmann, Leah Bowen
All Are Welcome	Alexandra Penfold, Suzanne Kaufman
Baby Be Kind	Jane Cowen-Fletcher
Be Kind	Pat Zietlow Miller
Buddy the Bulldozer Learns to Calm Down	Arica Marshall
Calm Down Time	Elizabeth Verdick
Can I Play Too?	Mo Williams
Can You Make a Happy Face	Janice Behrens
Eyes That Kiss in the Corners	Joanna Ho
Families	Shelley Rotner
Hair Love	Matthew A. Cherry
Happy Hippo, Angry Duck	Sandra Boynton
How do I feel? A book about emotions	
How Full is Your Bucket? For Kids	Tom Rath
I'm Happy Sad Today	Lory Britain
If You're Happy and You Know It!	Jane Cabrera
It Will Be Okay	Lisa Katzenberger
In My Heart: A Book of Feelings	Jo Witek
Jabari Jumps	Gaia Cornwall
Join in and Play	Cheri Meiners
Julián is a Mermaid	Jessica Love

Title	Author
Language That We All Can Speak	K. Read
Little Fox Has Feelings	Didi Dragon
Meesha Makes Friends	Tom Percival
Meeting Mimi: A Story About Different Abilities	Francie Dolan
On Monday When It Rained	Cherryl Kachenmeister
Poor Little Rabbit	Jörg Muhle
Remarkably YOU	Pat Zietlow Miller
Rex Wrecks It!	Ben Clanton
Roaring Mad Riley	Allison Szczecinski
Stella Brings the Family	Miriam B. Schiffer
Strictly No Elephants	Lisa Mantchez
The Colors of Us	Karen Katz
The Kissing Hand	Audrey Penn
The Many Colors of Harpreet Singh	Supriya Kelkar
The Pout Pout Fish and the Mad Mad Day	Deborah Diesen
Together We Can	Caryl Hart
What If I Know My Feelings ?	Michelle Nelson-Schmidt
When I Am/ Cuando Estoy	Gladys Rosa Mendoza
When We Are Kind	Monique Gray Smith
You Are a Lion! And Other Fun Yoga Poses	Taeun Yoo



TEACHING EMOTIONS

EXPANDING EMOTIONAL VOCABULARY BY TEACHING WORDS FOR DIFFERENT FEELINGS

DISCUSSION POINTS

For this coffee chat (refreshments provided!) we will talk about different ways you can help your child learn and label various emotions. A strong emotional vocabulary can help reduce negative behaviours.

DATE AND PLACE

Join us at the daycare

ACTIVITIES



Feelings Book

Use feeling faces to develop your own feelings book to take home.



Feelings Games

Learn games to help your child understand his or her emotions.