I'm Focusing on Feelings

The ability to name emotions and understand how different situations trigger them is an important skill that contributes to each child's developing sense of self-awareness.

Here is a process for expressing emotions in a positive way in any situation:

1. Acknowledge that you are feeling an emotion.
2. Understand the impact the emotion may be having on your body and your thoughts.
3. Name the emotion by finding a word or phrase that describes it. Examples could include: surprised, concerned, pained, elated, curious, proud.

> *The nature of emotions is that they are constantly changing, depending on a variety of situations.*

Building Your Child's Social and Emotional Competence

Self-awareness is a social and emotional learning competency that helps children better understand their emotions, thoughts, and values and how they influence their behaviors. Self-awareness skills include: identifying emotions, accurate self-perception, self-efficacy, recognizing strengths, and self-confidence. These activities can help children acknowledge and express emotions in healthy ways.

Display It!

As a family, think about the ways in which the display of emotion has changed throughout history. Think about how gender and culture affect expectations and displays of emotion. Create a simple report on the history of emotional expression to share with others. The report can be in the form of a poem or a simple drawing.

Observe It!

Ask your child to analyze displays of emotion in popular culture. Have them choose one or two television programs and take notes on emotional expression. Encourage them to look specifically at how emotion is displayed, in what context, and what purpose it serves on the episode of the program.

Many children are experiencing feelings of uncertainty, anxiety, and fear due to the onset of COVID-19. They need a chance to share their thoughts and feelings and ask questions. Make sure you are accurately informed and ready to educate your child knowing the information is evolving all the time. Get information from: The Centers for Disease Control (CDC) at https://www.cdc.gov/coronavirus/2019-ncov/index.html.