



## Naming My Feelings Throughout the Day

Children experience many emotions throughout the day. They get anxious, cheerful, frustrated, excited, or sad but often do not have the vocabulary to describe how they are feeling. Emotional literacy allows children to identify, understand, name, communicate, and manage their emotions.

Here are some feelings words to help children understand and name their emotions while building their emotional vocabulary:

- joy
- safe
- glad
- proud
- worried
- ready
- eager
- cranky
- surprised
- hurt

*Learning the skill of identifying emotions helps children better understand their feelings and the feelings of others.*

## 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 identify and name their own and others' emotions.

### Make a Book!

Use family time to create a book about emotions based on the many feelings family members experience in one day. Write a story and draw illustrations for your family emotions book.

### Make a Skit!

Have children use the story they wrote to create "A Day in the Life of..." skits. Skits can follow the events of the story and exhibit emotions felt by the characters.

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>.

