



FAMILY MEMBERS READ THIS:

Your adolescent is learning to identify and name emotions. Help him or her learn to identify and name emotions by discussing typical situations that arise at home and the emotions that accompany those situations. Discuss together the situations, the range of emotional responses possible, and the benefits of being able to identify and name feelings.

Talk It Out!

NAMING EMOTIONS

REMEMBER

- ☐ anxious—nervous, worried, and/or concerned
- ☐ apologetic—sorry for something
- ☐ bashful—shy or self-conscious
- ☐ bored—uninterested in or tired of an idea or activity
- ☐ cautious—careful or thoughtful
- ☐ determined—strong-minded and controlled
- ☐ ecstatic—delighted, extra happy
- ☐ exhausted—extra tired
- ☐ frightened—scared or alarmed
- ☐ grieving—sad about something that has died or left
- ☐ happy—content, satisfied
- ☐ hurt—upset or offended by something
- ☐ interested—curious or attracted to something
- ☐ irritated—annoyed or aggravated
- ☐ jealous—feeling bad someone else has something you want
- ☐ pained—saddened or hurt
- ☐ shocked—surprised

LET'S DO THIS!

Practice identifying and naming emotions with a family member. Talk about descriptive words that most accurately describe emotions in a variety of situations.

After practicing and discussing emotional responses with your family member, answer the following questions:

What situations did you identify that can trigger emotions in you?

What emotions were you able to identify and name? What different ones were possible for the same situation?

What will be the benefit to you and your family as you learn to identify and name your emotions with more description and accuracy?