Identifying, Naming, and Expressing Emotions Constructively

Teens are ready to identify, name, and express a range of complex emotions in order to know themselves and be understood by others. However, sometimes teens find it difficult to find the right words to accurately express their emotions. That is where an emotions vocabulary can be helpful.

> *Having words to accurately describe emotions helps us know ourselves and others.*

Here is a range of emotion words from strong to light that teens and families can use:

STRONG thrilled, infatuated, gloomy, shocked, stunned, crushed, furious, neglected, shamed

MEDIUM cheerful, loving, upset, nervous, puzzled, belittled, irate, dejected, guilty

LIGHT content, tolerant, moody, cautious, distracted, used, minimized, dismayed, distant, embarrassed

Building Your Teen's Social and Emotional Competence

Self-awareness is a social and emotional learning competency that helps teens 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 help your teen and other family members identify the range of emotions and find accurate words to describe them.

Talk About It!

Make a list of typical situations that occur during the day and invite your teen and other family members to identify the emotions that accompany them. Talk about the range of emotions for each situation and how their emotions were similar and different.

Create It!

Invite your teen to choose a word from the list and have family members act out facial expressions and body gestures. Ask your teen to take a picture of the unique ways family members experienced the same word.

Many teens 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 teen 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.