



Learning to Recognize Emotions



*For children to deal with feelings, they need to begin by recognizing the different emotions and the changes the emotions might make in their bodies.

Activities to Promote Emotional Recognition include:

- * **Label the emotions** for children, including the adult's own emotions and the physical changes that occur. For example: if the adult is angry, she might tell the children: "I feel angry. My face feels hot and my mouth wants to shout".
- * **Reassure and teach children** it is okay to feel the emotions they feel and then help them learn strategies to deal with it
- * **Use songs to teach emotions**
- * **Use books to teach emotions**
- * **Cut pictures out of magazines showing people with different emotions and make collages in art.** Talk about the emotions and how you can recognize them.
- * **Create matching lotto games with photos showing pictures with different emotions.** Help children match the same emotion pictures and talk about them.
- * **Puppet shows**
- * **Colour pictures of characters, children etc. with different emotions**

