

“Tell Me How You Feel” – Teaching Feeling Words



How Will Teaching Feeling Words Help My Child?

When your child learns to use words to *tell* you how he feels, he is less likely to *show* you how he feels by whining, crying, misbehaving, or having temper tantrums.

What Can I Do?

Below are some simple ways you can teach your child words for feelings:

- 1. Use words to express your own feelings.**
- 2. When your child tells you about something he did or saw, ask him how he felt about it.**
- 3. Let your child know when you see him experiencing or showing signs of feelings. Describe how his voice sounds or how his face looks.**
Example, say: “*Your voice is loud. Your eyes look squinty and your mouth is tight. Are you feeling angry?*”
- 4. Talk about how other people or characters in books could be feeling.**
Example, say: “*In this story, the girl’s friend is moving away. How do you think she is feeling?*”
- 5. When your child tells you how he feels, tell him you understand, and thank him for using his feeling words. Letting him know you care will help him talk instead of act out.**
Example, say: “*Thank you for telling me how you feel. It helps me understand you better.*”

Notes & Tips for my child...

Rewards for Life!

Teens and adults who know how to talk about their feelings handle frustration better, are healthier, and have more satisfying relationships.

These are general guidelines, not medical advice, for children ages 3 years and older. Consult a physician or mental health professional for specific problems or concerns about an individual child.

For more ideas and resources to help develop children’s social-emotional skills and healthy decision-making visit AcornDreams.com, a service of Wingspan, LLC.

