

Summary of the Lesson

Using our Words

Other people do not know how we are feeling unless we tell them with our words.

It is important we try to share our feelings with our words even if it is hard.

We feel better when we let our feelings out by using our words.

It is important to practice this when we are feeling calm.

The Challenge: Work through the examples on the activity sheet.

Resources for Parents

Helping Kids Identify and Express Feelings: Some tips to encourage your child to express their feelings. It also gives helpful ways to help kids develop skills they need to manage their emotions effectively.

<https://kidshelpline.com.au/parents/issues/helping-kids-identify-and-express-feelings>

5 Ways to Help Young Kids Communicate Their Emotions: This blog post encourages 5 ways for parents to help their kids communicate their emotions including: Helping your child recognize their emotions everyday, reading books about emotions, how shows and movies can jump-start discussions, teaching parents coping skills, and being creative.

<https://psychcentral.com/blog/5-ways-to-help-young-kids-communicate-their-emotions/>

Talking About Your Feelings: Teaching kids how to know their feelings. This article encourages them to speak to someone and to share their feelings at any time. <https://kidshealth.org/en/kids/talk-feelings.html>

Activity Sheet

Have your child pretend they are in the following situations and how they might share their feelings.

1. Their friend took their toy.

I feel _____ because _____. I wish

2. You are asked to do something you do not want to do.

I feel _____ because _____. I wish

3. You are trying to talk to someone, but they aren't listening.

I feel _____ because _____. I wish

4. You want something from the story, but are told no.

I feel _____ because _____. I wish

5. You want to go to your friend's house, but you have to wait.

I feel _____ because _____. I wish

6. You are asked to do your school work, but you don't want to.

I feel _____ because _____. I wish

7. Can you think of some other examples?

I feel _____ because _____. I wish
