

FEBRUARY EPRESS PART 2

Managing Emotions: Exercises

Introduction

Below are some activities that parents can do with their children to teach them how to identify and manage their emotions. It is an extension of the previous E-press article containing videos about teaching children to manage and identify their emotions. The activities are separated by age category, with 2-3 activities listed for each age group.

Toddlers

1. Since toddlers are just beginning to learn about emotions, it may be helpful for parents to model the use of “feeling words” for them.

Try it: If you spill some milk on the counter in front of your child, you can model expressing your anger by saying, “Mommy is so angry that she spilled milk on the counter!”

2. Parents can also help toddlers to label their own feelings. It is okay if you are incorrect in your guess; this can open up a discussion between you and your child about what he or she is actually feeling.

Try it: When you see your child sniffing and has his or her head hanging down, say “I notice your head is down and you’re sniffing Tommy. Are you feeling sad right now?”

3. Parents can identify out others’ at the grocery parents can crying at the their child child is that child



teach toddlers to feelings by pointing feelings, too. While store, for example, point out a child check-out and ask why they think that crying, and how else could have reacted.

Elementary School

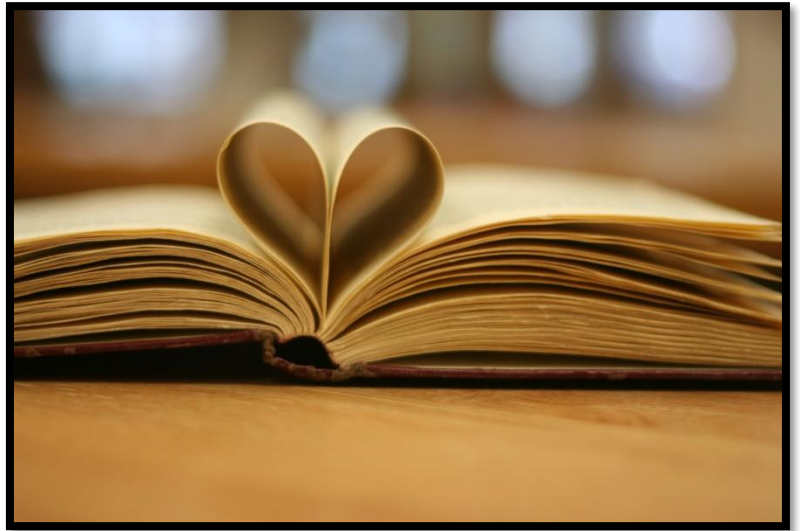
1. One way that parents can encourage their children to share their feelings is by having a “feelings check-in” at dinner. For example, each day you can ask children to share one thing that made them happy, mad, scared, or excited.
2. Parents can have their children watch television shows and read books that focus on feelings.

Some good books to read include:

- *Angry Monster Sad Monster*
- *Tuck Everlasting*
- *The Great Big Book of Feelings*
- *The Way I Feel*
- *Sam’s Pet Temper*

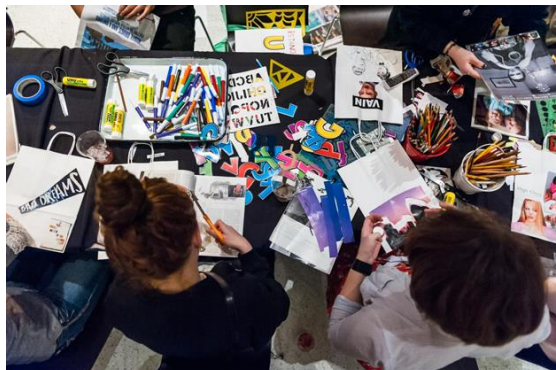
Some TV shows to watch include:

- *Kid President: Declaration of Awesome*
- *Yo-Kai Watch*
- *Arthur*



Middle School

1. At this age, most children are able to identify their emotions but are still figuring out how to manage them. Parents can model healthy coping skills, such as drawing, journaling, or exercising, to show their children good ways to cope with their emotions. For example, after a rough day at work parents can say to their children, “I’m feeling frustrated with work today. I think I’m going to go for a walk to calm down.”
2. To help teach children what emotions mean to them, parents can have children do the following:
 - Draw a circle and divide it into 8 sections. Tell your child to choose an emotion for each piece and fill that piece with colors and doodles that match his or her idea of what that emotion is.
 - After your child is done, talk about it together! Some questions you can ask include:
 - ***“Why did you choose those colors?”***
 - ***“When do you experience this emotion?”***
 - ***“Which emotion is the most difficult for you to handle?”***



High School



1. Helping teens make the connection between what they are feeling and what is going on in their lives is a great way to increase their emotional awareness. For example, if your child has a test coming up, you can say: "How are you feeling about your math test tomorrow?" Depending on your child's response, you can then explore how they know they're feeling that way, and what about the test is making them feel that way. Parents can also ask their child how he or she can effectively cope with that feeling in the future.
2. Share your own feelings with your teen. Being vulnerable about what you are experiencing will encourage your teenager to share his or her feelings with you as well. For instance, if you have a relative that is ill, you can say, "I'm upset that grandma is not doing so well. Seeing her sick makes me feel sad. I want to check in with you and ask how you're feeling about it?"

Sources

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