

Big feelings





Million word gap project

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Talking about feelings with young children is really important to help them grow emotionally and socially.

1. **Understanding Emotions:** When children talk about how they feel, they learn to recognise their own feelings, like happiness, sadness, or anger. They also start to understand how other people might feel, which helps them to be kind and caring, and helps them to learn how to respond correctly in social situations.
2. **Using Emotions to Learn:** Emotions help us to understand the world around us. If a child feels frustrated while doing something, like a difficult puzzle, understanding that feeling can help them to keep going and learn from the experience instead of giving up. This builds resilience and will help them to persevere with difficult tasks later.
3. **Understanding How Emotions Change:** When children learn about their emotions, they start to understand that feelings can change. For example, they might know that anger can go away if they take deep breaths, or sadness can get better if they talk to someone.
4. **Managing Emotions:** Learning to talk about feelings also helps children to control their emotions better. If they feel upset, they can learn ways to calm down, like taking a deep breath or counting to ten.

Children who understand and manage their emotions are better at making friends, doing well in school, and feeling good about themselves.



Proud



vous

Nervous

Joy



Afraid





Embarrassed



Sad

Angry





Excited



Disgusted