

Teacher's Guide: Labeling Emotions



What is This?

This resource will provide families with helpful tips for teaching their infants and toddlers about emotions.



How Do I Use This?

1. Review the resource:

Read the handout and understand the topic of the handout.



2. Help families reflect and try:

Send the handout home with families (via newsletter, daily note, email, text, or an app). The handout will help families reflect on how they talk about emotions at home and try new strategies.



3. Engage:

Using the poll (attached to this resource), create and post a large visual (e.g., bar graph on a chart paper; using dot markers or stickers to indicate practices) at the entrance of your classroom. Encourage families to participate in the poll during drop-off/pick-up. As families participate in the poll, check in with families about emotions children are familiar with and those they can learn.



4. Share:

Take a picture of the completed poll and share the poll results with families through the preferred way of communication! Share with families what emotion words you are going to practice in the classroom based on the poll result!



5. Reflect and adjust:

Based on the families' answers to the poll, think about the emotion words that you can try labeling more often in class and specific routines in which you can label and model emotions.

Folleto para la familia: Cómo etiquetar las emociones



El temperamento es la forma única que tiene un niño de experimentar y reaccionar ante su entorno. Comprender los patrones emocionales de su hijo puede ayudarle a entender mejor por qué actúa como lo hace. Hay muchas maneras de ayudar a su hijo a aprender sobre sus sentimientos. A continuación, le presentaremos estrategias que puede practicar en casa durante las interacciones y rutinas cotidianas.

¡Pruébelo con su hijo!

Observe

En primer lugar, observe expresiones faciales y los gestos de su hijo (por ejemplo, frunce el ceño, hace pucheros, sonríe).



Ejemplo 1: Su hijo se está divirtiendo en el parque infantil del vecindario. Usted le dice a su hijo que ya es hora de abandonar el parque infantil. ¿Cómo reacciona su hijo?

Ejemplo 2: Lleva a su hijo a una fiesta de cumpleaños infantil. Observa que hay mucha gente y muchas caras nuevas. ¿Cuál es la reacción de su hijo?

Etiquete

Seguidamente, puede describir la reacción del niño y etiquetar la emoción que puede sentir.



Ejemplo 1: "Veo que tu cara se está poniendo roja. ¿Te has enojado? Lo sé... es frustrante que no quieras irte todavía".

Ejemplo 2: "Estás callado y te agarras fuerte a mí. ¿Te sientes agobiado?" O "¡Te veo mirar a tu alrededor y sonreír! Conocer gente nueva es emocionante, ¿no?".

Modele

También puede hablar de su propia emoción y dar ejemplo de cómo expresar la emoción.



Ejemplo 1: "Yo también me frustro cuando me tengo que alejar de la diversión. Veo que estás enojado porque tenemos que irnos. Está bien sentirse así. Cuando me siento enojado, respiro profundo para calmarme".

Ejemplo 2: "Yo también me agobio cuando hay mucha gente y ruido. Cuando me siento agobiado, busco un espacio tranquilo para calmarme".

Al reflexionar sobre estos escenarios, ¿cómo ha respondido su hijo ante situaciones similares? Comprender el temperamento (o patrón emocional) de su hijo puede ayudarle a responderle mejor.

Control de los sentimientos



En las rutinas diarias, como la hora de comer o de acostarse, trate de preguntar a su hijo cómo se siente ("¿Cómo te sientes hoy?"). Ayúdele a identificar una palabra de emoción si no puede expresar sus emociones. También puede preguntarle lo que puede hacer para aliviar ese sentimiento.

No pasa nada si los niños no responden a sus preguntas. Intente rellenarlas con lo que considere que podría ser la respuesta para los niños pequeños y los bebés.

¿En qué rutina puede practicar esta actividad? Marque con un círculo e ¡inténtelo hoy mismo!

Hora de comer

Hora de jugar

Hora de acostarse

Hora del baño

Rutina matutina

Actividad de participación familiar: Encuesta “Palabras de emoción”

¿Cuántas palabras de emoción conoce su hijo?

Coloque un ★ sobre la palabra de emoción que conozca su hijo.

También puede colocar un ● sobre la palabra que su hijo necesita aprender.



Decepcionado



Emocionado



Frustrado



Cansado



Triste



Agobiado



Disgustado



Relajado



Orgullosa

Si desea responder a la encuesta compartida de forma virtual, puede enviar un mensaje de texto, un correo electrónico o utilizar una aplicación de comunicación.

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Family Handout: Labeling Emotions



Temperament is a child's unique way of experiencing and reacting to their environment. Understanding your child's emotional patterns can help you better understand why they act the way they do. There are many ways that you can help your child learn about their feelings. We will introduce strategies you can practice at home during everyday interactions and routines.

Try this with your child!

Observe

First, observe your child's facial expressions and gestures (e.g., frowning, pouting, smiling).



Example 1: Your child is having fun at the neighborhood playground. You tell your child that it is time to leave the playground. How does your child react?

Example 2: You bring your child to a child's birthday party. You notice that it is quite crowded with many new faces. What is your child's reaction to this?

Label

Next, you can describe the child's reaction and label the emotion they may feel.



Example 1: "I see your face is getting red. Are you feeling angry? I know--it is frustrating because you don't want to leave yet."

Example 2: "You're quiet and holding onto me tight. Are you feeling overwhelmed?" OR "I see you looking around and smiling! It is exciting to meet new people, isn't it?"

Model

You may also talk about your own emotion and model how to express the emotion.



Example 1: "I get frustrated when I have to leave fun, too. I see you are angry that we have to leave. It is OK to feel angry. When I feel angry, I take a deep breath to calm down."

Example 2: "I get overwhelmed when it is too crowded and noisy too. When I am overwhelmed, I find a quiet space to calm down."

Reflecting on these scenarios, how has your child responded to the similar situations? Understanding your child's temperament (or emotional pattern) can help you respond to your child better!

Feelings Check-in



During daily routines, such as meal times or bed time, try asking your child how they feel ("How are you feeling today?"). Help them identify an emotion word if they cannot express their emotions. You can also ask what they could do to help with the feeling.

It is okay if children do not answer your questions. Try filling in with what you think the answer might be for toddlers and infants!

In which routine can you practice this activity? Circle one and give it a try today!

Mealtime

Playtime

Bedtime

Bath time

Morning routine

Family Engagement Activity: “Emotion Words” Poll

How Many Emotion Words Does Your Child Know?

Place a ★ on the emotion word that your child knows.

You can also place a ● on the word that your child needs to learn!



Disappointed



Excited



Frustrated



Tired



Sad



Overwhelmed



Disgusted



Relaxed



Proud

For the virtually shared poll, you may text,email, or use a communication app to respond.