

Little Children,

Big Feelings



Why is understanding emotions important?

1. Builds Self-Awareness: Helps your child recognise their feelings. 🧠
2. Improves Relationships: Teaches empathy and communication. ❤️
3. Boosts Confidence: Helps them manage emotions effectively. 💪



Talk About Feelings

Use everyday moments to name emotions. For example, “You look excited about your toy!” or “Are you feeling sad because it’s raining?”

Create a Feelings Chart

Encourage your child to point to or draw how they feel each day.



Play Emotion Games

Use mirrors to make happy, sad, or silly faces. Ask your child to guess the emotion!

Read Stories About Emotions

Use books like The Colour Monster or When I’m Feeling... series to discuss feelings.

Model Emotional Skills

Show them how to express emotions in healthy ways. For example, “I’m feeling frustrated, so I’ll take a deep breath.”

Use Calming Strategies

Teach deep breathing (smell the flower, blow out the candle). Create a “calm corner” at home with soft toys, books, or a blanket where your child can relax when overwhelmed.

