

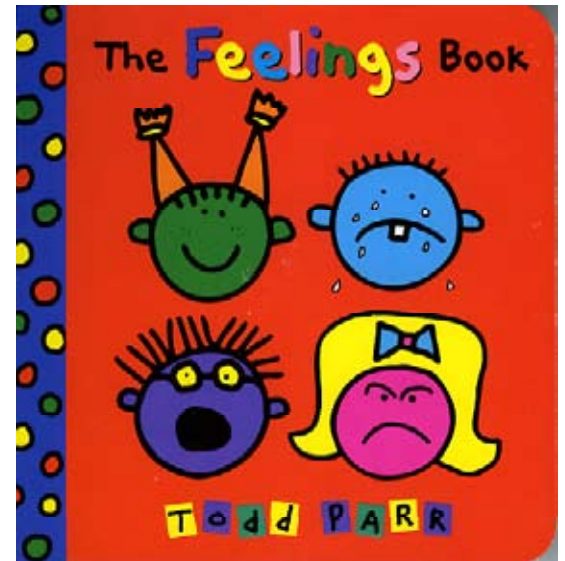
Exploring Emotions: Helping Your Child Identify Feelings

The Feelings Book by Todd Parr

This colorful picture book shows children expressing many different moods. Use it to help your child identify feelings like silly, scared, lonely, brave, and cranky.

Did you know that the act of naming an emotion can quiet your child's nervous system and help him recover faster from emotional stress? (See the Learn More section below.) Use the following tips from Talaris Research Institute and PBSparents to help your child identify and label emotions.

- Start identifying emotions together early—you can begin even before your child learns to talk.
- Refrain from telling your child what he ought to feel. Instead, try to identify the emotions he is feeling.
- Name your own emotions. Children learn by watching and copying what adults do.
- Find creative outlets for emotions like drawing, singing, dancing, or exercising.
- Use this book (or one of the PBSkids television programs listed below) to start a conversation with your child about moods and feelings. Can you think of a time when you experienced a strong emotion. What happened as a result? Did you talk things over with a friend? Did you cry? Ask your child what makes her happy, sad, scared, etc.



Read More—related books

My Many Colored Days by Dr. Seuss

The Way I Feel by Janan Cain

Today I Feel Silly by Jamie Lee Curtis

When Sophie Gets Angry by Molly Bang

Learn More—related information

<http://talaris.org/>

<http://www.pbs.org/parents/creativity/ideas/emoticons.html>

View More—

related shows on WILL-TV

Thomas & Friends

12/3 8:00 AM

Feelings—James is jealous that Edward is chosen for the railway poster. Thomas makes a delivery to the Wharf.

Dragon Tales

12/28 8:00 AM

Wild Time—Max is in a silly mood, and all he wants to do is play and goof off. But his silliness causes him to ruin his friends' creations for the Dragon Scale Festival. Quetzal teaches Max that there is a time for play, and a time to be serious.