

P reschool I ntervention R eferred T eam

November 2nd-November 6th Weekly Newsletter

FEELINGS MONTH

For the month of November we will be working on teaching the children skills to help them identify and express emotions. With adult help children are taught how emotions look and feel on their bodies. Through books and real experiences adults can help children learn to label emotions. As children begin to recognize what emotions look like they can begin to manage their own emotions and show empathy towards others.

BACKPACK CONNECTION

How to Help Your Child understand & Label Emotions

English: https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_emotions_label.pdf

Spanish: https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_emotions_label_SP.pdf

Feeling Face Visual

The Feeling Faces assist children with understanding their feelings and the feelings of others. It is important to teach children words to use to express feelings in replace of the use of challenging behavior.

The feeling cards that follow can be used in a variety of ways to help children learn social emotional skills around use of emotional literacy and vocabulary.

► Use the pictures to talk about, identify, and describe different emotions when you or children feel this way.

► The feeling faces can be used as part of an “emotion check in.” Children can use the feeling faces to let you know how they are feeling throughout the day.

► Teach new feeling vocabulary words. Start with a few emotions then move to the more complex emotions. Teach a balance of “positive, comfortable” and “negative/uncomfortable” feelings.

► Discuss how people can tell how you are feeling by looking at the expression on your face. Talk about how to tell the different feelings apart by looking at the eyes, the mouth or body position of a person. Use the feeling faces to help you point out and explain the different facial expressions.

https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces_cards_EN-SP.pdf

Feelings Check in

https://challengingbehavior.cbcs.usf.edu/docs/FeelingFaces_chart_template.pdf

