



Emotional Vocabulary FACT SHEET

It is important to be able to recognise, name and communicate the range of emotions we experience. We can help extend a child's emotional vocabulary through conversations and activities at home. Here are some tips and activities to help.

- > Everyone has feelings.
- > There are many types of feelings.
- > All types of feelings are OK.
- > Feelings have names and important messages.
- > It is important to share feelings with others.

young kids

- > **Make a flip book of feelings:**
On each page draw a feeling face and use a word to describe the feeling.
Use the flip book to talk with your child about how they are feeling each day.
- > **Feeling charades:**
You or your child can act out different feelings just using facial expressions, while the other tries to guess the feeling.

older kids

- > Show an active interest in your child's life.
- > Model the use of emotion words when talking about your own experiences:
I felt disappointed when...
I was hurt by...
I am frustrated because...
- > It may take some practice to do this, but persevere – it will be worth it!

smarties game

Sit together and pass around a bag of smarties with each person taking one. Then share according to the following colour descriptions:

- | | |
|---------------|---|
| Red | say one thing that makes you angry. |
| Orange | say one thing that makes you excited. |
| Blue | say one thing that makes you frustrated. |
| Green | say one thing that makes you feel energetic. |
| Yellow | say one thing that makes you feel happy. |
| Pink | say one thing that makes you feel calm and relaxed. |
| Violet | say one thing that makes you feel positive. |
| Brown | say one thing that makes you feel satisfied. |