

's Feelings



Afraid



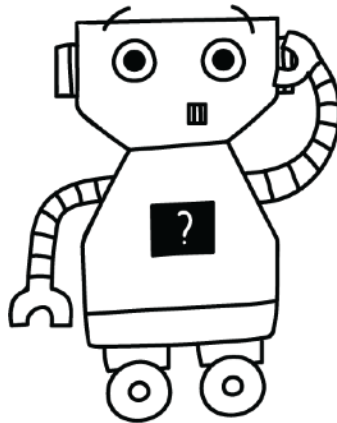
Angry



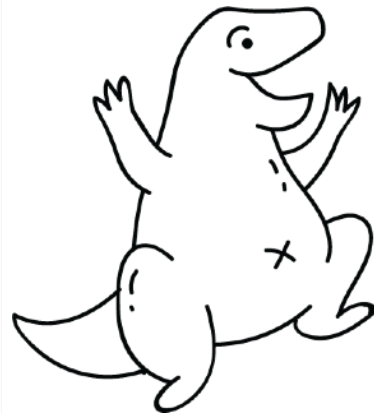
Confident



Worried



Confused



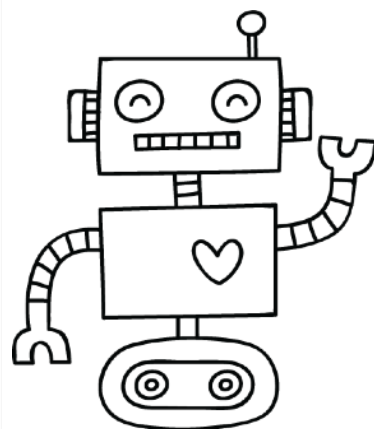
Excited



Happy



Frustrated



Hopeful



WARRIOR BRAIN

Talking about feelings with your little one can be hard. Feelings are not always easy to define, and depending on what culture you grew up in, there may not even be a word for some of the feelings we have. The best way to do this, is to create a conversation around feelings with your little one. As you learn the feelings, encourage your child to color them in and practice using the word in a sentence together:

“Did you know there are no good or bad feelings? And that “I feel bad” is not actually a feeling? All feelings have a name. All feelings are normal and everyone has them! Sometimes it can be hard to understand someone else’s feelings. So you can help by telling them how you feel. You can say, “I feel _____ because _____.” So today, **I feel hopeful because** I think learning our feelings will help us understand each other. Can you try one too?”

This will give your child something ‘real’ when they are feeling overwhelmed and needing to find the words to say what they mean to say. **The more you practice this yourself as a parent, the more opportunities there are for your child to learn how to “cope out loud” and understand their own feelings too.**

Here are some explanations of feelings to help you have a conversation with your child:

Explaining Feelings and Their Meaning	
Afraid	“Afraid is when we feel scared of what might happen. Like when you are afraid of the dark, you stop feeling safe when the lights are off.”
Angry	“Angry is when we make fists with our hands and stomp our feet. It is a big feeling that makes us want to shout at another person or even hurt them.”
Confident	“Feeling confident is when we know what we are doing is the right thing. People say we are doing a good job and we feel sure of what we are doing.”
Worried	“Worried is when we feel afraid and confused. We wonder what will happen in the future and we think “what if” a lot. E.g., what if my mom forgets to get me from school tomorrow?”
Frustrated	“Frustrated is what we feel when we can't do something on our own and we feel like we are not getting what we want. We have a problem we can't fix by ourselves and we forget to ask for help.”
Excited	“Excited is the feeling we get when we get to do something that we love doing! We know that getting to do it will make us feel happy.”
Happy	“Happy is when we feel safe and like everything is okay. We smile and laugh and we play.”
Confused	“Confused is a feeling that makes us feel unsure. It is when we don't know what is happening. Like when there is a change in our morning routine.”
Hopeful	“Hopeful is when you know something good is going to happen. Like when granny and grandpa is coming to visit.”