



Fostering Emotional Literacy in Young Children: Labeling Emotions

HANDOUT

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Points to Remember

- ✓ Children who have a strong foundation in emotional literacy are healthier, have more friends, are less impulsive, remain more focused, and demonstrate greater academic achievement.
- ✓ The development of feeling words is considered to be of critical importance in a child's emotional development because it makes it possible for children to better understand their emotional experiences.
- ✓ The ability to name feelings allows children to discuss and reflect with others about their personal experiences of the world.
- ✓ The larger a child's emotional vocabulary, the finer discriminations he or she can make between feelings and the better he or she can communicate with others about his or her emotions and possible problems.
- ✓ While several underlying processes contribute to a child's ability to understand and regulate his emotions, parents and caregivers can make a meaningful difference by emphasizing emotions throughout daily routines.



Things to Do

- ✓ Label your own feelings throughout the day in front of children.
- ✓ Observe children and label their feelings as they experience them.
- ✓ Talk about feelings displayed by characters in children's books, on television, or in videos.
- ✓ Allow children to feel a range of emotions, but teach them healthy ways to express them.
- ✓ Play games and sing songs involving feelings, such as "If you're happy and you know it."
- ✓ Reinforce children's efforts to express their feelings in healthy ways.