

# Feelings Identification & Expression

**Feelings are an essential and important part of our lives. Parents and caregivers can help children learn healthy ways to identify and express feelings.**

## What's the Difference Between Feelings Identification & Feelings Expression?

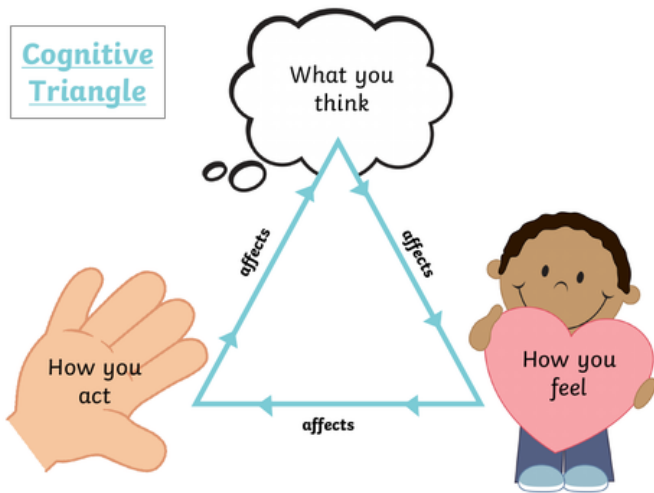
- Feeling Identification is the ability to notice and identify how we are feeling. We all have feelings, all the time, and it is important to identify how we are feeling before we notice negative effects of feelings that we have not identified.
- Feelings Expression is the ability to share how we are feeling with others. Sometimes we hold feelings inside and do not share them with others, which can result in challenges. Instead, it is best to find different ways to express feelings, such as talking to someone or writing about it.

## How Parents & Caregivers Can Help

- Explain feelings by using words your child can easily understand.
- Teach feeling words. Look at a feelings worksheet together.
- Help your child learn that ALL feelings are okay, although some are pleasant and some are unpleasant.
- Help your child understand that the way we show our feelings can be good or bad.
- Teach your child different ways to cope with feelings. Let your child come up with ideas and talk about the difference between good and bad ways to express and cope with feelings.
- Support your child to talk about feelings and practice new strategies for expressing feelings.
- Praise your child the first time and each time they try to talk about their feelings.
- Model talking about some of your own feelings in front of your child.

## The Connection Between Thoughts, Feelings & Behavior

Have you ever heard someone say that a behavior came out of nowhere? While it might seem true, is it not. Behavior is directly linked with how we feel and how we feel is directly linked to what we think. Negative thinking usually leads to unpleasant feelings and positive thinking usually leads to pleasant feelings. This is helpful for parents and caregivers to know to have a better understanding about a child's feelings and behaviors. Take some time to talk with your child about this connection.



### "I" Statements

"I" statements are a simple way to share our feelings. This is a great tool for your child to learn and practice. This is what an "I" statement is. Take time to practice this with your child!

I feel **<feeling word>** when/because **<explanation>**.

### Check Out These Books!

SOS Help for Emotions (Clark)  
The Way I Feel (Cain)  
The Color Monster (Llenas)

