

Focusing on...

## Helping Kids Understand Feelings



Helping kids understand feelings involves recognizing their own feelings and others', getting along with others, problem solving, setting and achieving goals. Children learn how to do this by watching and talking with their parents. It is very important that parents clearly *show* and *tell* their child what they want to see.

**Remember: Helping Kids Understand Feelings = Social and Emotional Competence of Children**

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### Tips

There are many ways of Helping Kids Understand Feelings. To find out more:

#### Search online for terms\* like ...

- [Social and emotional competence](#)
- Emotional regulation
- Self-regulation (self-control)
- Relaxation techniques
- Mindfulness
- Meditation

\*Add the word children or kid to the term, unless you are searching for yourself.

#### Talk to a ...

- Parent educator at a Family Resource Center
- Doctor or nurse
- School guidance counselor or school psychologist
- Early childhood or childcare provider
- Teacher

#### For more intense needs ask your physician about a ...

- Counselor
- Behavioral Health Specialist
- [Neuropsychologist](#)

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### Resources

[The Gifts of Imperfect Parenting](#) Brene Brown, the author of this book and many others, has spent over 20 years studying emotions. She is also a very dynamic speaker with many videos available on YouTube. A free [recording of Brene Brown reading this book](#) is available if you have Spotify or check your public library.

[Raising Caring Kids](#) This website features short, downloadable online articles and videos, which contain information to help parents support the social and emotional growth of their elementary age children.

**Parent Education** A wide array of programs offer parents new ideas for relating to children, teaching them about feelings and meeting their emotional needs. These types of parenting programs focus on social and emotional development. The following programs are available in some areas of Wisconsin:

- Raising a Thinking Child
- Conscious Discipline
- Positive Solutions

To find these programs check with family resource centers, community centers, University of Wisconsin-Extension, family physicians, Head Start, childcare providers, libraries, schools or other parents.

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## Activities

**Apps** There are many downloadable apps designed to teach young children how to manage feelings while having fun.

- Mindful Powers
- Breathe, Think, Do with Sesame Street
- Zones of Regulation\*
- Smiling Mind
- Avokiddo Emotions\*
- Headspace for Kids
- Daniel Tiger's Grr-ific Feelings\*
- Calm
- Stop, Breath and Think Kids
- GoNoodle

\*Apps that have a cost to download

**Books & Stories** Reading or telling stories is a wonderful way to explore feelings with children of all ages, especially when accompanied by cuddling or closeness. Many online booklists can help you get started.

- [For babies and toddlers](#)
- [Books about feelings](#)
- [Preschool playtime and relationship skills](#)
- [Must-have picture books](#)

**Tip Sheets** Find fun activities you can do with your child to help them learn about things like feelings, cooperation and how to gain independence.

**Temperament Quiz** Learn more about your young child's temperament and what you can do to help and support them: [babies \(birth to 18 months\)](#) or [toddlers \(18 to 36 months\)](#).

**Printable Flash Cards** A variety of child friendly breathing techniques can be found at [Childhood101](#) and [Conscious Discipline](#) and an alphabet of calming strategies can be found on [Calm Down Flashcards](#).

**The Ultimate List of Free Yoga Poses for Kids.** Physical movement relaxes children and helps them to manage emotions. Find printable cards and posters with kid-friendly pictures of yoga poses.

**Games** help children with self-control and problem solving. Almost any games - board games, card games or playground games - teach children how to follow rules, take turns, wait patiently and deal with losing. Here are some games designed to teach children specific types of skills:

- [Turtle Time and Other Games](#)
- [Common Games that Teach Children Self-Control and Patience](#)
- [Feelings Identification Activities](#)
- [Calming and relaxation games and exercises](#)