

Focusing on...

Helping Kids Understand Feelings



Helping kids understand feelings involves recognizing how they *and* how others feel, getting along, problem solving, setting, and achieving goals. Children learn how to do this by watching and talking with trusted caregivers. It is important that parents clearly show *and* tell children what they want from them.

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

Tips

Helping Kids Understand Feelings is a very complicated strength. It might be helpful to learn more about it. To find out more:

Look online for terms like ...

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

Add the word “children” or “kids” to the terms above if you are searching for your children and not yourself.

Talk to a ...

- Parent educator at [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

Websites find ideas on why and how to help kids understand their feelings.

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

[Child Mind Institute](#) website has sections for elementary, middle, and high school kids and parents including excellent videos about mental health and coping skills made in collaboration with kids to ensure that they are resources that young people and parents will love.

[The Power of Connection](#) is designed to guide parents in understanding the crucial emotional development and growth of social skills during a child’s first five years through engaging pictures, videos, and activities.

Websites continued

[6 Seconds: The Emotional Intelligence Network](#) contains articles and interviews about tackling the challenges of parenting in an emotionally healthy way.

Parent Education programs offer parents new ideas for relating to children, teaching them about feelings and meeting their emotional needs. The following programs are available in some parts of Wisconsin. Find out more by checking with a [family resource center](#) in your area.

- Raising a Thinking Child
- Conscious Discipline
- Positive Solutions

Tip Sheets and Tools

[Lena Talking Tips](#) a free downloadable resource with 14 tips for building young brains through talking and sharing feelings.

[Tip sheets and fun activities](#) to help teach children about feelings, cooperation, and independence.

Use the Georgetown Temperament Tool to learn more about your child's temperament.

- [Infant \(Birth to 18 months\)](#)
- [Toddler \(18 to 36 months\)](#)

Activities

Apps

- Mindful Powers
- Breathe, Think, Do with Sesame Street
- Smiling Mind
- Avokiddo Emotions (\$4.99)
- Calm Kids: Mindfulness and Yoga
- GoNoodle

Books

- Booklists and stories to better help kids understand feelings can be found here [add FFFbooklist](#) and [here](#).
- [A Little Spot](#), a book series for children 4-6, also includes toys, activities, and songs.

Printable Breathing Cards for Kids

- [Childhood101](#)
- [Conscious Discipline](#)

Games and other Activities

[EQ Kids Crew](#) a video game that teaches kids how to identify and manage their feelings in a fun, easy way.

[Move Mindfully Yoga Poses](#) and other Child-Friendly Resources for purchase: Permission to Pause, Relaxation Station, Sleep Routine

[Calm Down Flashcards](#)

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. Below are some websites that have games that are designed to teach 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](#)
- [Stories to Go Game](#) for ages 4-12