

When words tell you how I feel

Emotions Vocabulary

Encourage your child to talk about what is happening in their life.

- At first keep it concrete and simple.
- Give examples yourself.
- Talk about how you felt, ask them about how they felt.
- Make this part of regular conversation time.
- Gradually more complex emotional situations will be brought up.



RECOGNIZE YOUR CHILD'S EMOTIONS AS AN OPPORTUNITY FOR INTIMACY

- Be aware of and recognize your child's emotions as an opportunity for intimacy.
- When aged 7–11 your child will be thinking through who they are and what they feel about things.
- Put yourself in your child's shoes and listen to what they are saying. Always acknowledge their feelings.
- Give your child time, either then or remember to build it in later.

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Talk about what has happened and how you feel as part of your conversation time.

► REF: 3.3 Words tell you how I feel

REMEMBER TO TALK ABOUT HOW YOU FEEL DURING EVERYDAY CONVERSATIONS

- Remember having a conversation every day with your child (LISTEN chapter)? Try and talk about your emotions during these routine conversations. Use the same emotions vocabulary you spoke with your child about the day before when they were upset.
- We learn vocabulary best through life experiences. Try and map words onto your experiences. Try and differentiate the different ways you feel. Think broadly!

USE STORIES, FILMS, THE NEWS, TO EXTEND YOUR CHILD'S EXPERIENCES OF HOW OTHERS ARE FEELING

- Your child needs the context or the scenario of emotional language. Films and stories are a great way of highlighting new vocabulary. It is often not talked about in the film but there are always emotions there. E.g. Dr Who, Harry Potter
- Watch real life events on TV. Talk about the people. How does the football player feel when he is injured or sent off? Watch a children's news program together, or read a children's newspaper together. How do people in the event feel?

HELP YOUR CHILD FIND THE WORDS TO EXPRESS THEIR EMOTIONS

- Use times talking about an experience or a challenge to help your child move beyond simple emotions vocabulary. Try and introduce other terms, other ways of talking about how they feel. E.g. a child who is 'mean' in the playground could be being 'bossy' or 'selfish' or 'teasing you'

SET LIMITS WHILE EXPLORING THE ISSUES

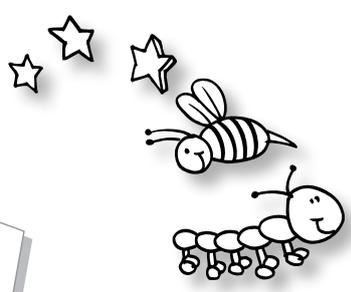
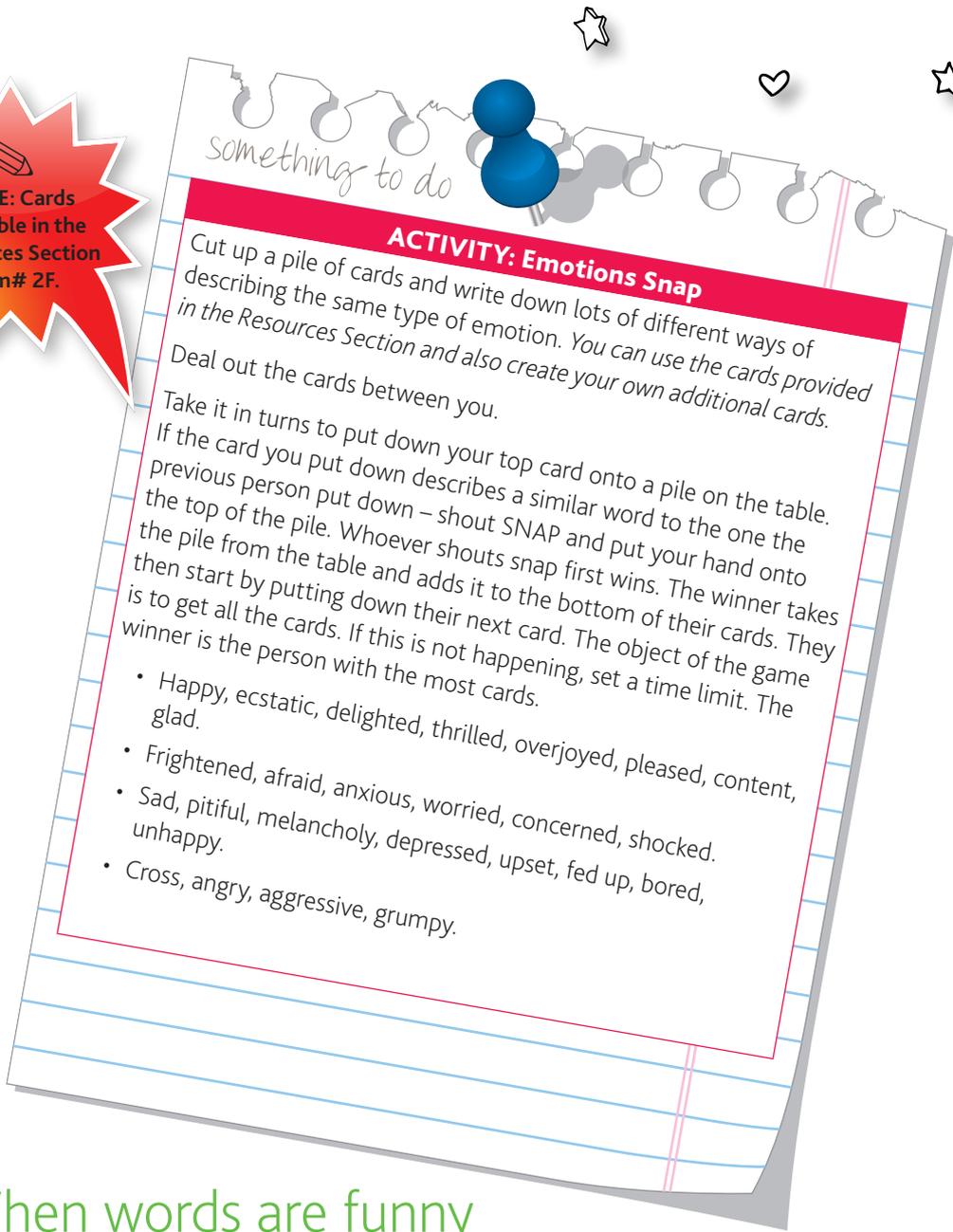
- There is a balance in dealing with your child's emotions. If recurrent emotional issues are arising, seek advice from your child's school or local professionals. Have a routine to your day which provides a combination of space and boundaries. Set up coping strategies for everyday life and then use conversation times to deal with the underlying difficulties triggering the way they are feeling.

EXPAND



EXPAND THE BUILDING BLOCKS OF LANGUAGE

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Share jokes and explain them at your child's level.

➤ REF: 3.3 Jokes

*For my child:
If they know some jokes they can take it in turns to tell them with my friends.
If they know the format of jokes they can join in with their friends' jokes.
E.g. Knock Knock, Who's there...*

When words are funny

Children love telling jokes.

At this age children are learning new jokes and making up their own often nonsense jokes.

WHY ARE JOKES IMPORTANT?

If your child knows a few jokes they can join in with their friends and gain confidence in interacting in a small group.

They begin to learn:

- That two words sound the same but have different meanings.
- That by changing one sound you can create different words e.g. peeling, feeling.
- To listen to sentences over and over again often in a small group.
- To use question word order e.g. 'Why did the _____?', followed by 'Because _____'.
- To take turns within an exchange.
- To tell a short story with a beginning, middle and end.
- To remember ideas and sequences of information.



EXPAND – 2F



ACTIVITY: Emotions Snap



Happy	Ecstatic	Delighted
Thrilled	Overjoyed	Pleased
Content	Glad	Frightened
Afraid	Anxious	Worried
Concerned	Shocked	Sad
Upset	Fed Up	Bored
Uphappy	Angry	Aggressive
Distraught	Melancholy	Depressed
Mad	Grumpy	

