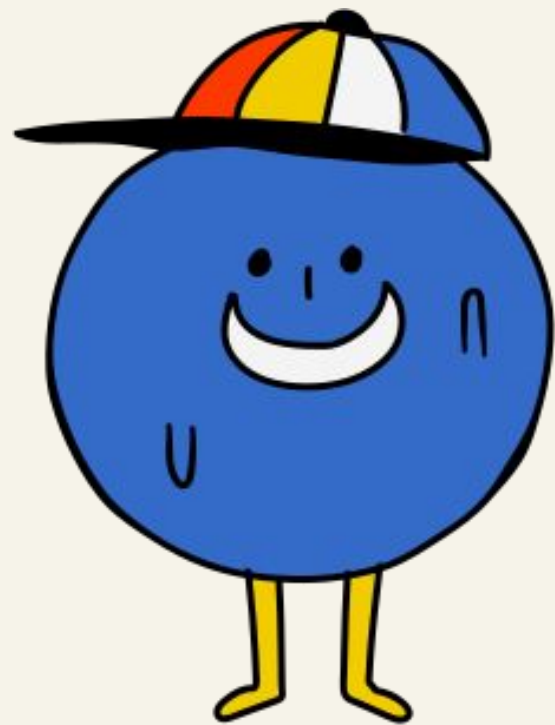


# How to Help Your Child Understand and Label Emotions



Thursday November 30th, 2023

Colleen Penzone

Molly Weber





## EMOTIONAL GROWTH AND RELATIONSHIPS PARENT LEARNING SERIES



NO COST  
6:00-7:00 pm  
Via Zoom

### Molly Weber

Molly Weber is the Early Intervention Program Coordinator at Northeastern Educational Intermediate Unit #19.



### Colleen Penzone

Colleen is a PA Program-Wide Positive Behavior Interventions and Supports (PBIS) Facilitator.



September 28th. Understanding ABCs of Behavior  
October 26th. How to Use Positive Language to Improve Your Child's Behavior  
November 30th. How to Help Your Child Understand and Label Emotions  
January 25th. Understanding Early Intervention Services and Eligibility

More Information &  
Registration



Questions?  
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570-346-8719  
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[www.wearewellkind.com](http://www.wearewellkind.com)

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WellKind  
SCHOOL FOR EARLY LEARNERS



# Who is here with us?





# Resources



## NCPMI

The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit [ChallengingBehavior.org](http://ChallengingBehavior.org).

## Backpack Connection Series

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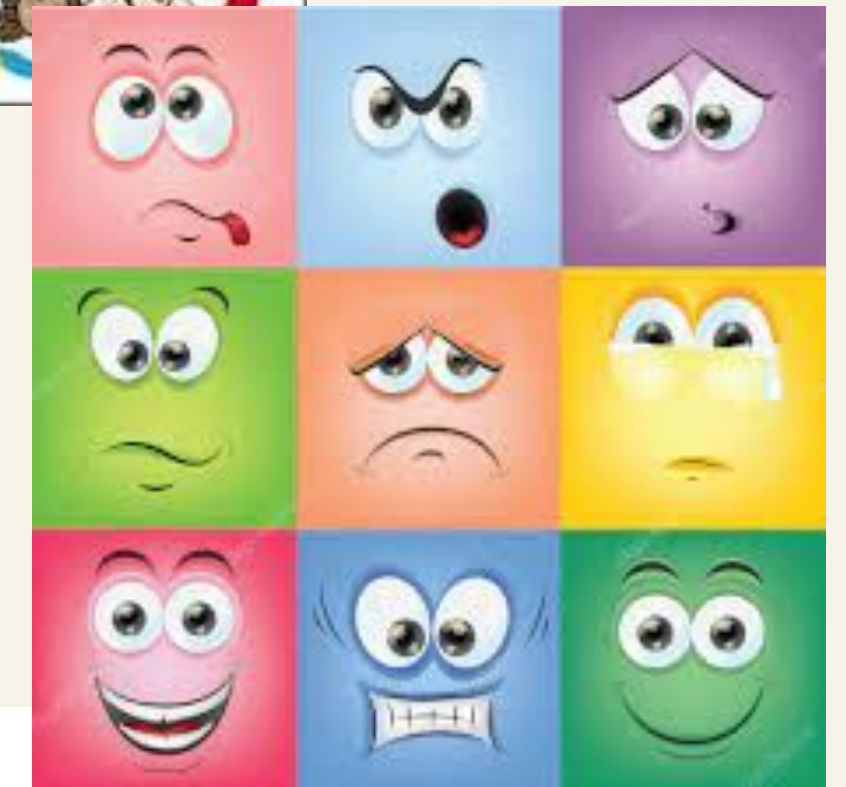
## Ideas that Work- Office of Special Education Programs

The Office of Special Education Programs (OSEP) is dedicated to improving results for infants, toddlers, children and youth with disabilities ages birth through 21.

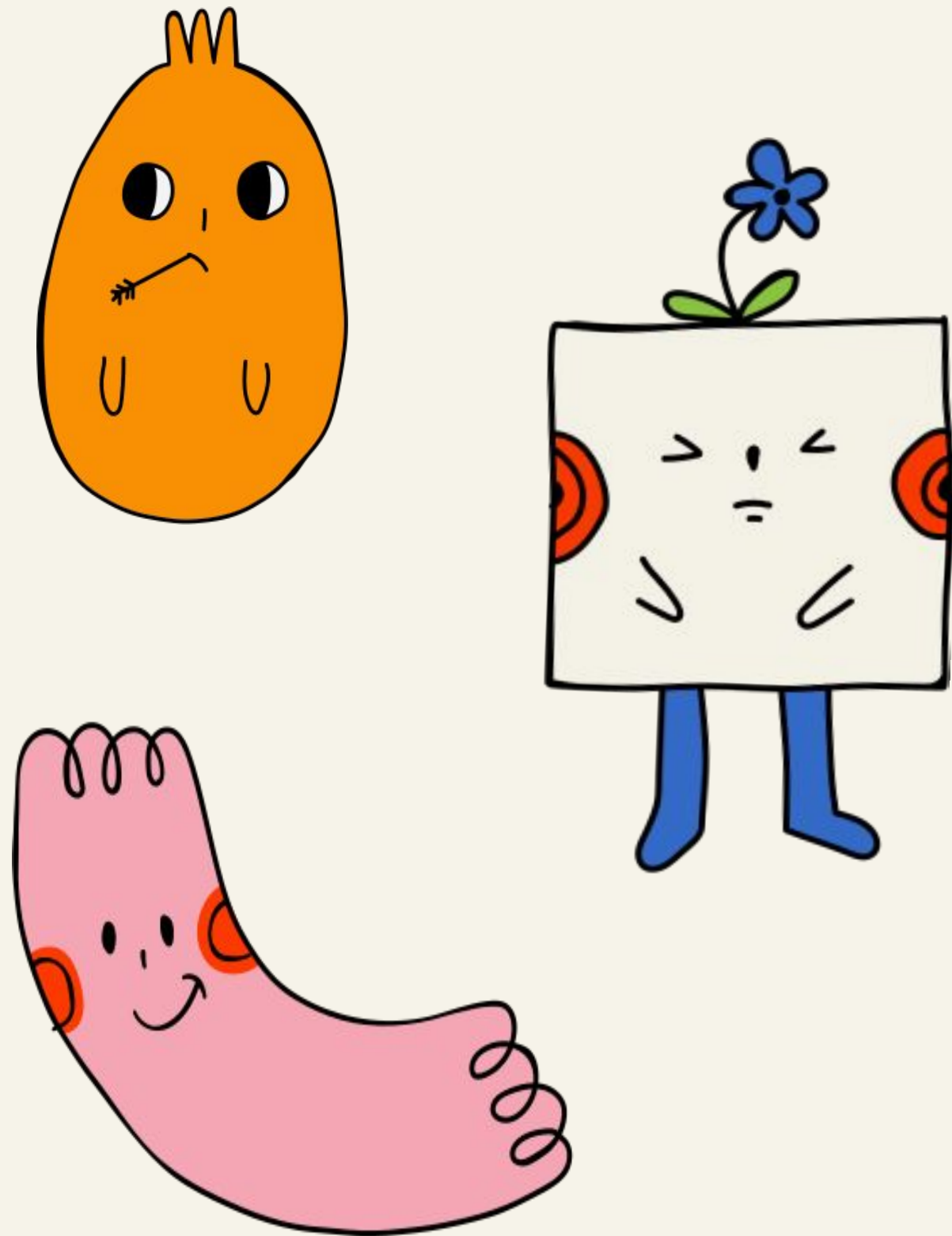


# What is Emotional Literacy?

The ability to identify, understand, and respond to emotions in oneself and others in a healthy way.



# Emotional Literacy



You can help your child expand their emotional vocabulary by teaching them words for different feelings.

Once they understand these words you can help them to label their own feelings and the feelings of others.

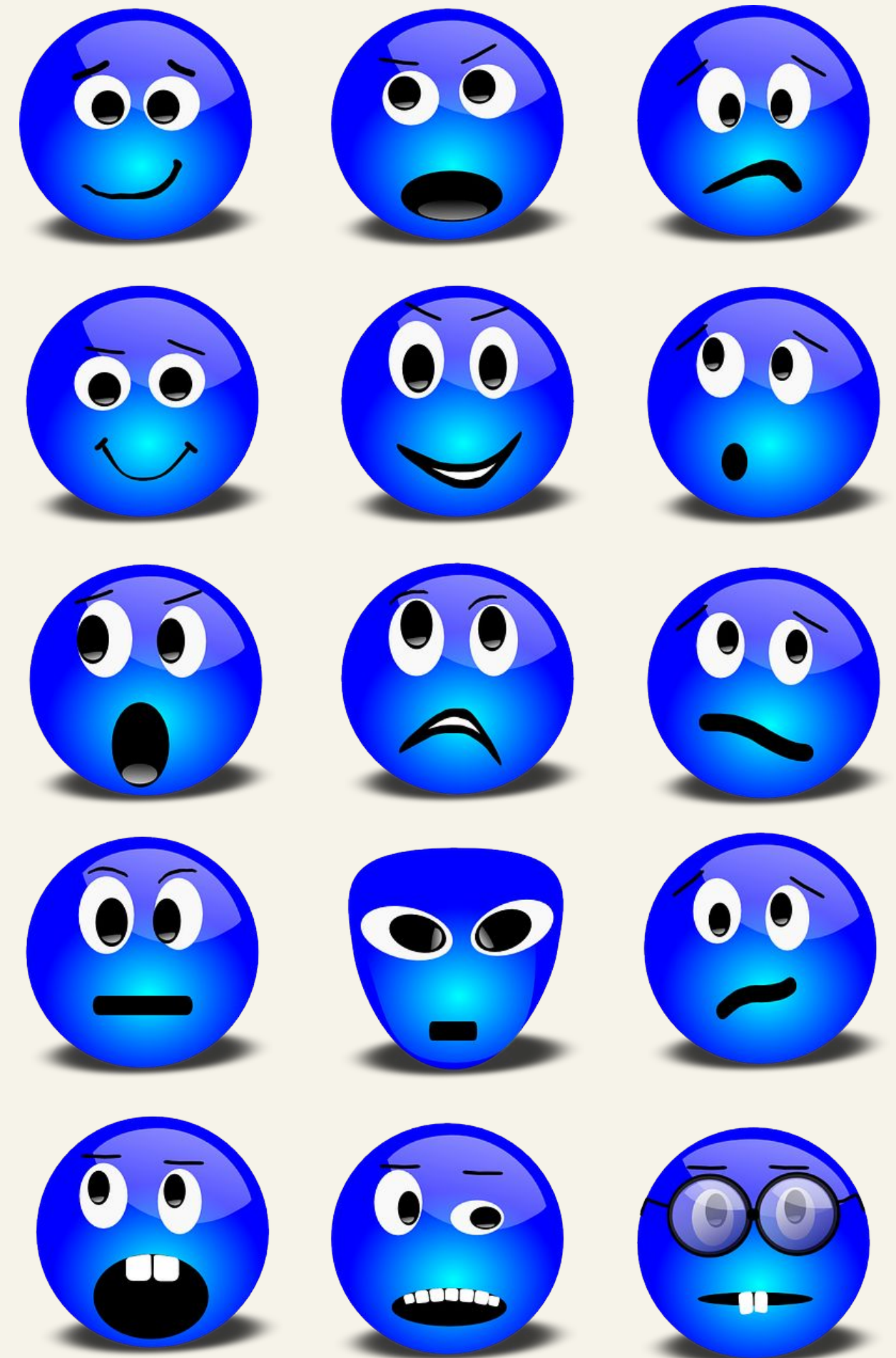
# Try This Instead!

Label it:

“You look sad and disappointed.”

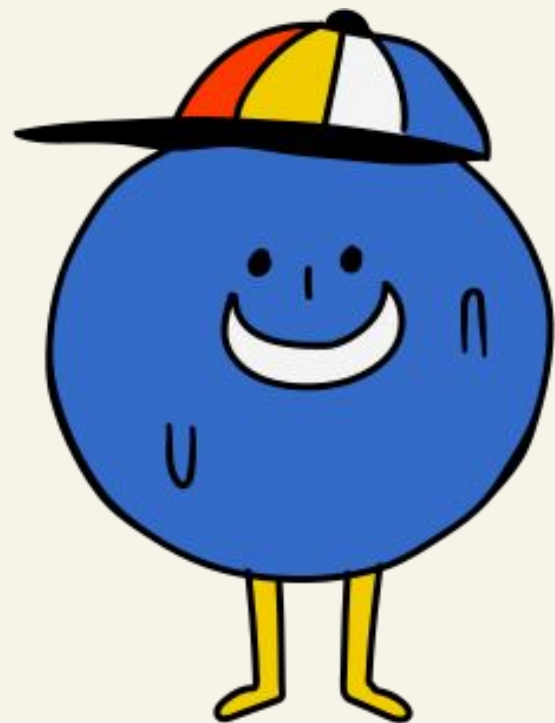
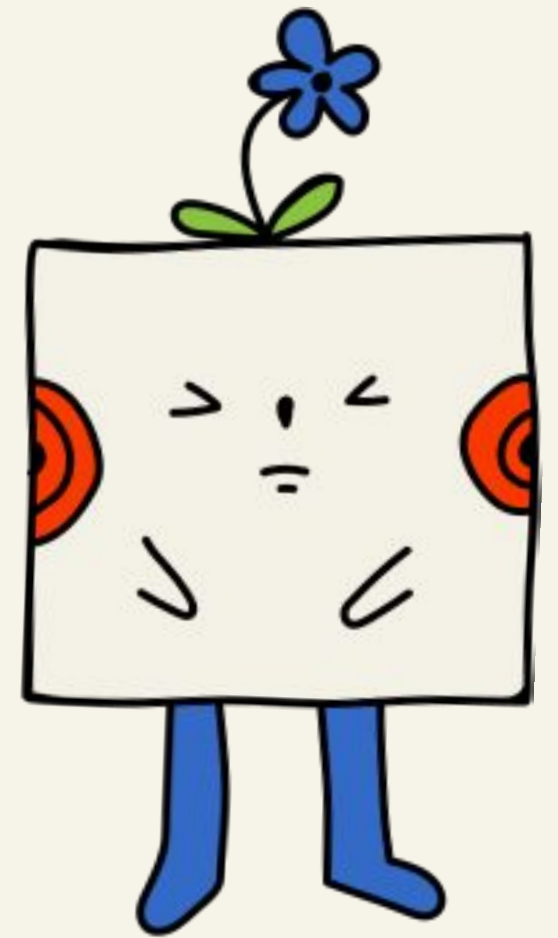
“Sometimes I feel that way too. I wonder what we can do to feel better?”

Give them the Vocabulary to use





Teaching your child about their emotions can be a fun and rewarding experience and prevent challenging behavior from occurring in the first place.





# Try This at Home

1

Simply state how your child is feeling. “You look really excited! I see your eyes are big and your mouth is open.”

2

State how others are feeling. “Wow, that little boy is really mad. I see he is crying and making fists with his hands. I wonder why?”

3

State how you are feeling. “I am really frustrated that the lawn mower is broken. I think I’m going to take a break and come up with some solutions to this problem.”

4

Use books as teaching tools. [List of children’s books.](#)

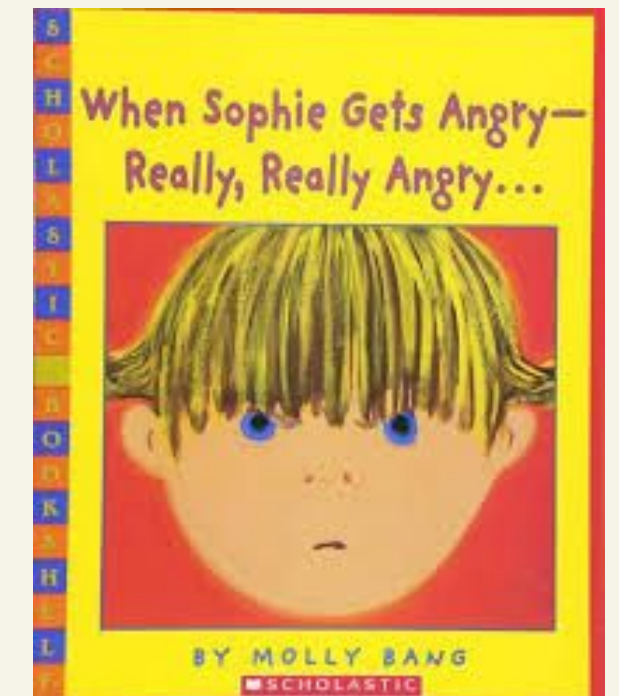
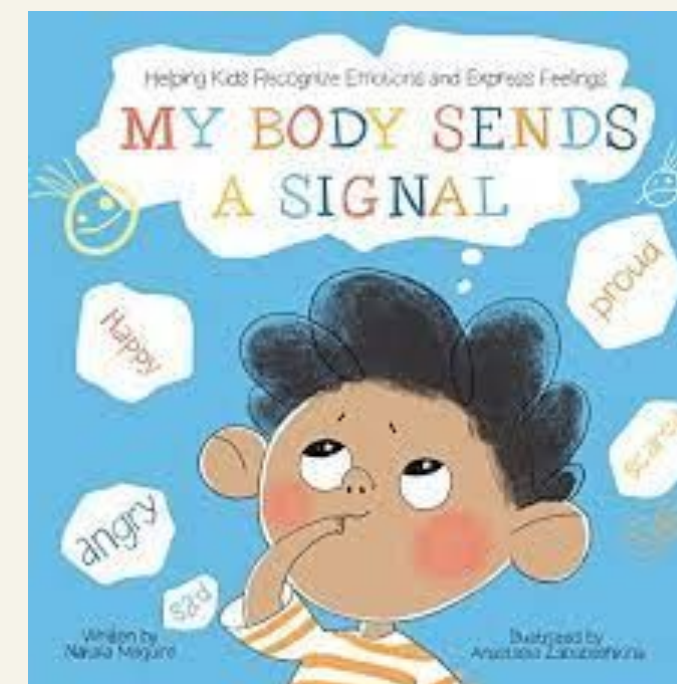
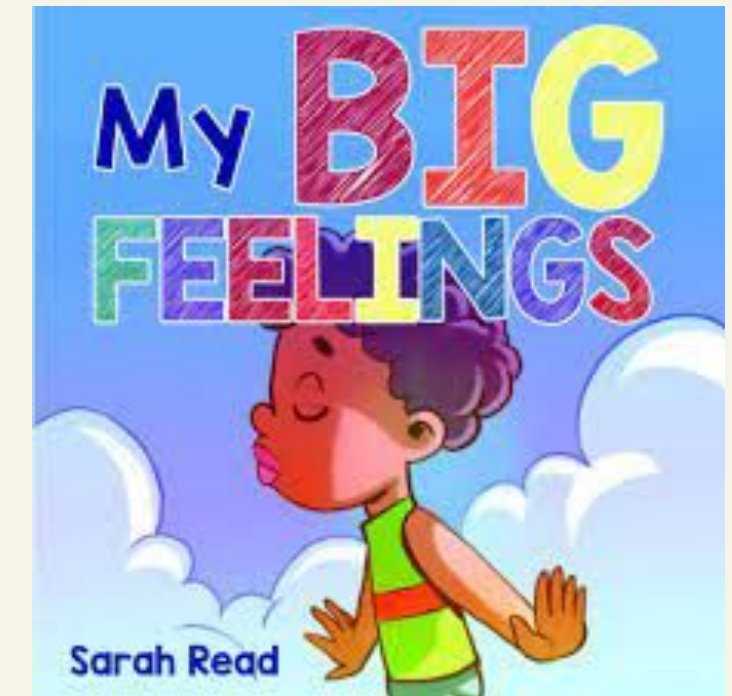
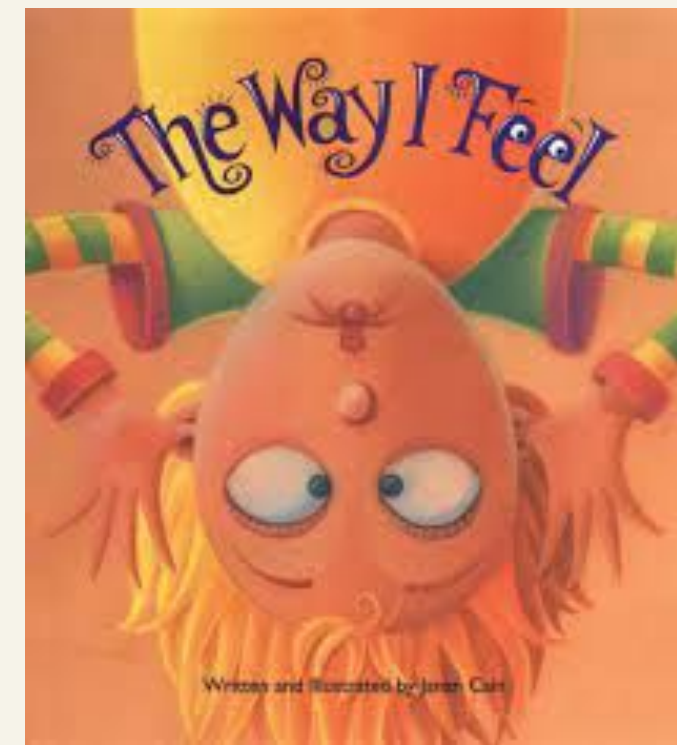
# Practice at School

Talk with your child's teachers to see how they are teaching your child about emotions at school. Many emotions are seen and experienced at school. With adult help, children are taught how emotions look and feel on their bodies.



# Practice at Home

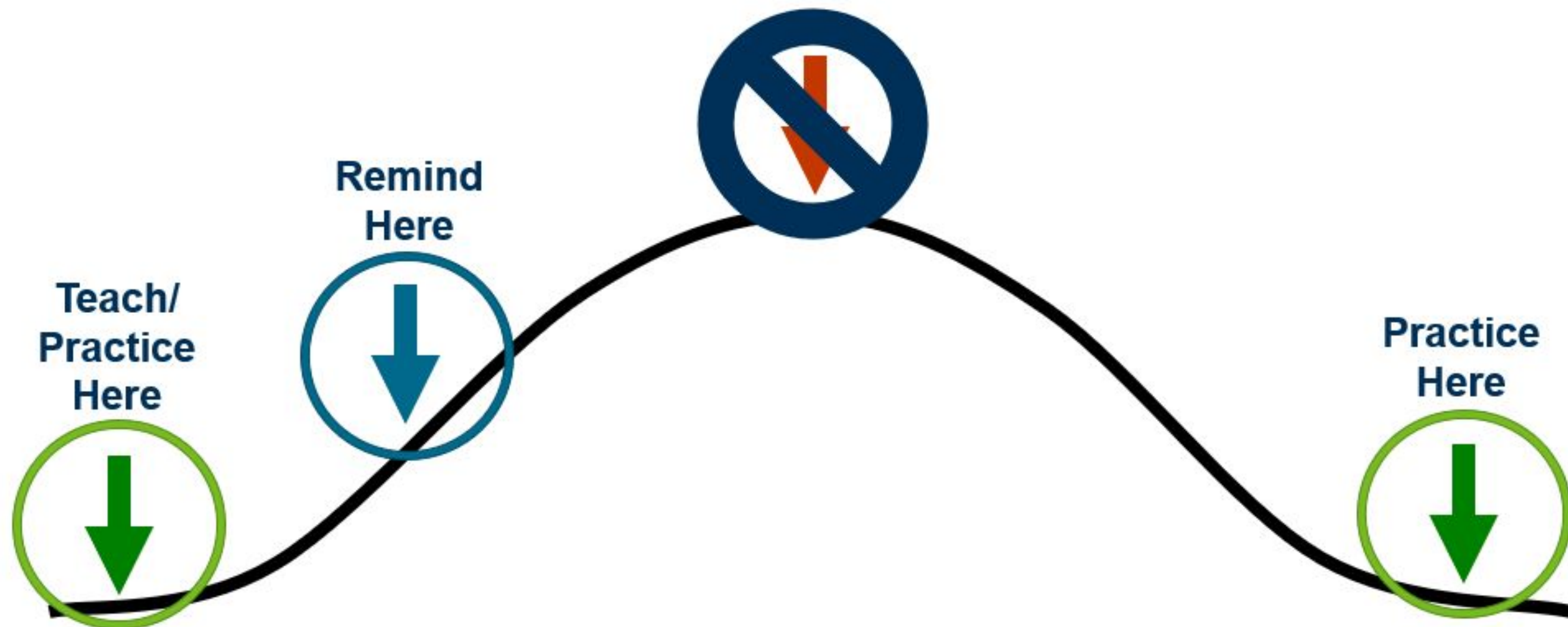
Through books and real experiences, teachers show that a child looks sad because he is crying or mad because her fists are tight. As children begin to recognize what emotions look like, they can begin to manage their own emotions and show empathy toward others.



# When Do We Teach Emotions?



Meltdown/Behavior  
(Teaching Skills Ahead of Time)



Remembering to  
include emotions  
other than

Happy  
Sad  
Angry



**Affectionate**  
Cariñoso(a)



**Bored**  
Aburrido(a)



**Brave**  
Valiente



**Calm**  
Calmado(a)



**Cheerful**  
Alegre



**Comfortable**  
CÓmodo(a)



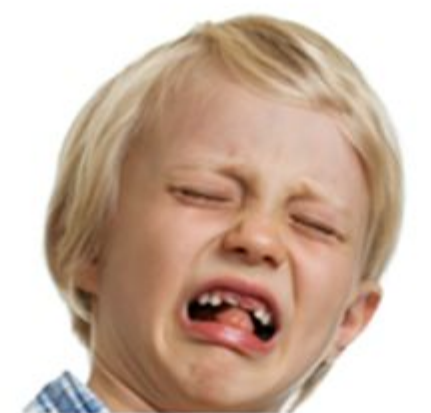
**Creative**  
Creativo(a)



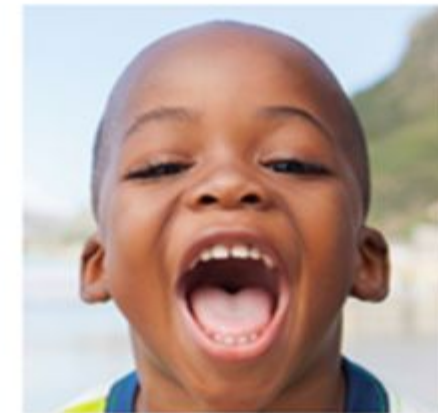
**Curious**  
Curioso(a)



**Disappointed**  
Decepcionado(a)



**Disgusted**  
Asqueado(a)



**Excited**  
Emocionado(a)



**Embarrassed**  
Avergonzado(a)

- ▶ Affectionate
- ▶ Agreeable
- ▶ Annoyed
- ▶ Awful
- ▶ Bored
- ▶ Brave
- ▶ Calm
- ▶ Capable
- ▶ Caring
- ▶ Cheerful
- ▶ Clumsy
- ▶ Confused
- ▶ Comfortable
- ▶ Cooperative
- ▶ Creative
- ▶ Cruel
- ▶ Curious
- ▶ Depressed
- ▶ Disappointed
- ▶ Disgusted
- ▶ Ecstatic
- ▶ Embarrassed
- ▶ Enjoying
- ▶ Excited
- ▶ Fantastic
- ▶ Fearful
- ▶ Fed-up
- ▶ Free
- ▶ Friendly
- ▶ Frustrated
- ▶ Gentle
- ▶ Generous
- ▶ Gloomy
- ▶ Guilty
- ▶ Ignored
- ▶ Impatient
- ▶ Important
- ▶ Interested
- ▶ Jealous
- ▶ Joyful
- ▶ Lonely
- ▶ Lost
- ▶ Loving
- ▶ Overwhelmed
- ▶ Peaceful
- ▶ Pleasant
- ▶ Proud
- ▶ Relaxed
- ▶ Relieved
- ▶ Safe
- ▶ Satisfied
- ▶ Sensitive
- ▶ Serious
- ▶ Shy
- ▶ Stressed
- ▶ Strong
- ▶ Stubborn
- ▶ Tense
- ▶ Thoughtful
- ▶ Thrilled
- ▶ Troubled
- ▶ Unafraid
- ▶ Uncomfortable
- ▶ Weary
- ▶ Worried

There are a lot of Emotions!

# Validating Feelings

Remember, it is important for your child to be able to have the feelings they are feeling. If your child is angry or sad, it is okay for them to be angry and sad.

It is our job to help them find ways to regulate their emotions.

You told me you are sad...

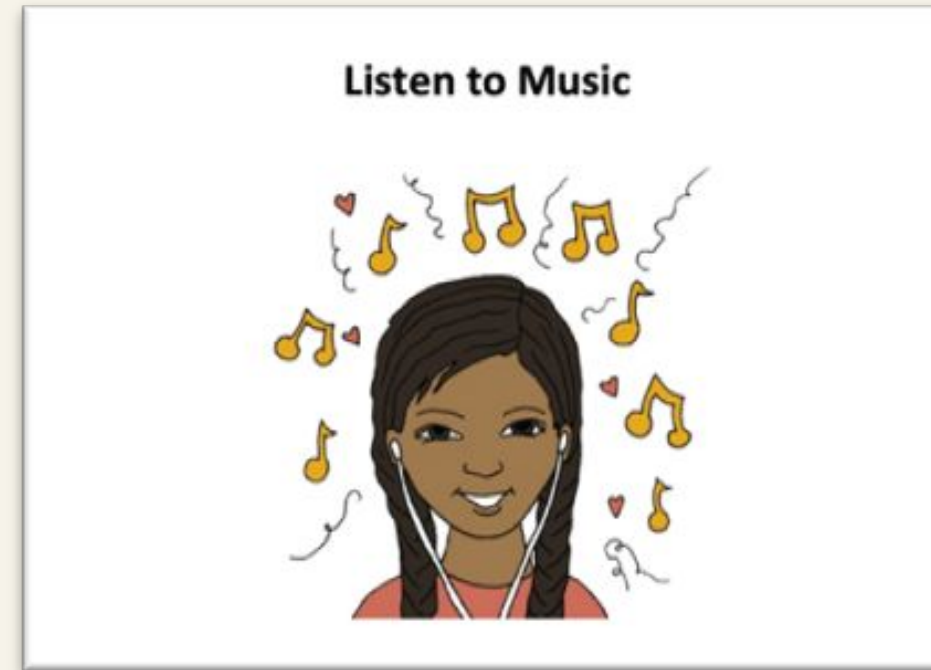
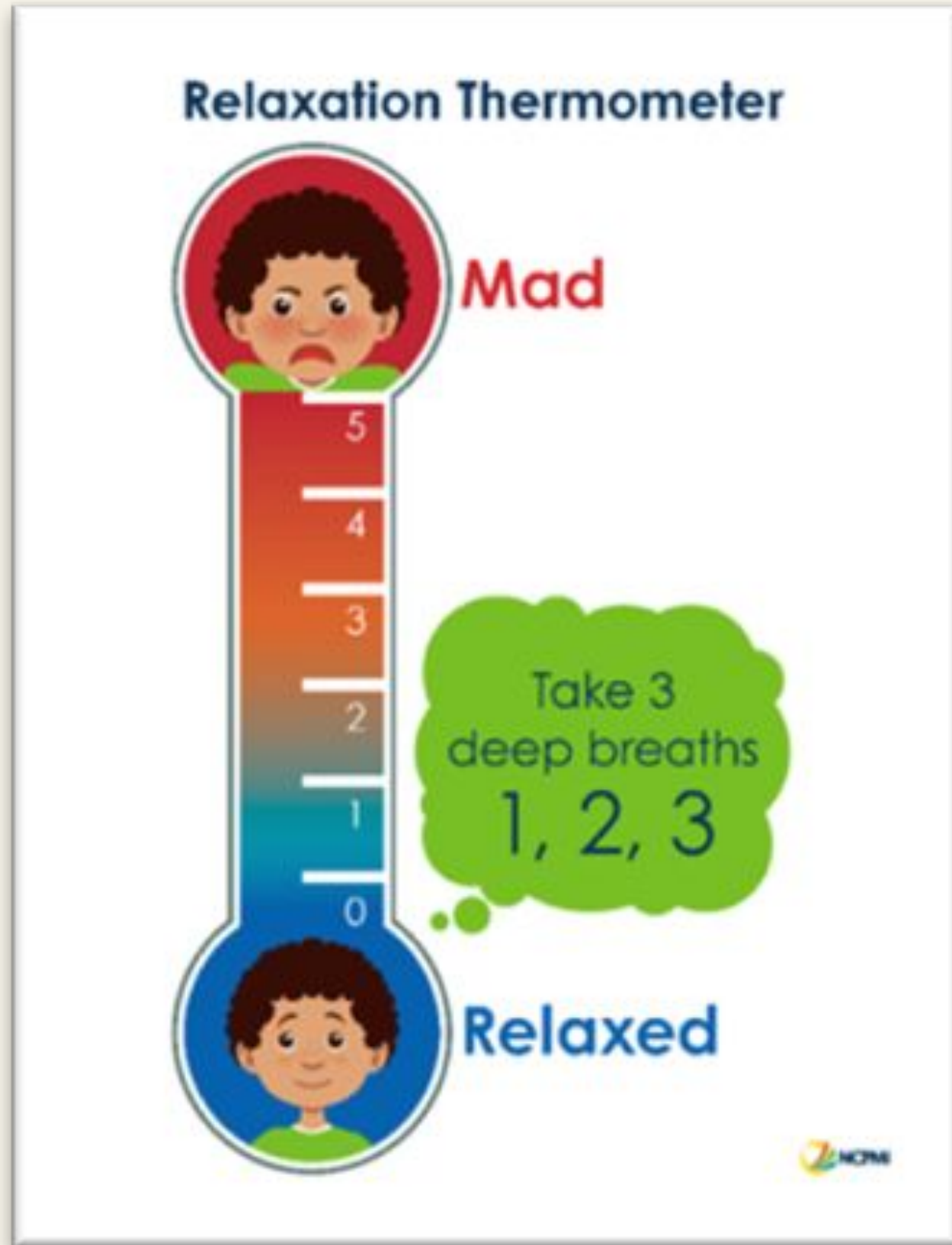
“Do you want to look at pictures?”

“Would you like to have a hug and cry for a little bit?”

“Do you think calling grandpa will help you feel better?”



# Tools for Regulating Emotions







### How to Help Your Child Recognize & Understand Anger

*By Krista Winger, Kristin Bohn & Jill Casanova*

**Backpack Connection Series**

**About this Series**  
The Backpack Connection Series was created by TASC to provide a way for teachers and parents/caregivers to work together to help young children develop social-emotional skills and reduce challenging behavior. Teachers may choose to send a handbook home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handbook provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

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**More Information**  
More information and resources on this and other topics are available on our website, [ChallengingBehavior.org](http://ChallengingBehavior.org).

**Try This at Home**

- Notice and label when you, your child or others are angry. You might say: "About yourself! 'I am feeling angry in my body. My heart is beating fast and I feel like a volcano inside. I am going to take some deep breaths to calm down.'"
- About your child: "I can see that you are angry! Your hands are making a fist and your eyes are big."
- About others: "I see that little girl is angry. I wonder what happened. What do you think might help her to calm her body?"
- Encourage your child to move. Just as adults release stress at the gym or by going for a run, physical movement helps children to change their body experience. Teach your child to yell into a pillow or punch on the wall. However, don't encourage your child to hit others or hit objects (we want children to let go of their anger without hitting or hurting others).
- Read books about being angry. Talk with your child about what the character is feeling and experiencing and come up with ideas that might help. You can find many books and activities to help your child learn about emotions at: <http://challengingbehavior.org/resources/books>. Children don't sit still!
- Calmness doesn't mean that children must learn. Young children do not understand the words "calm down." Tucker Turtle is a story that helps children understand how to calm down. It can be a great tool for teaching this skill. Download and print Tucker Turtle for free at: [http://challengingbehavior.org/pdf/Pyramid-Intervention-TTC\\_tuck\\_turtle](http://challengingbehavior.org/pdf/Pyramid-Intervention-TTC_tuck_turtle).

**Practice at School**  
Children can become angry at school for a variety of reasons. Teachers help children understand that everyone feels angry and shows the class positive ways to calm down, such as taking a deep breath or finding a quiet place by reading stories, or role playing with puppets. Children are given the opportunity to practice different techniques and find a solution that works for them. By encouraging children to find a solution that helps them not feel angry, teachers help children feel in control of their emotions and confident in their ability to handle difficult emotions.

**The Bottom Line**  
Anger is a feeling all parents and children experience from time to time. The goal is not to try to get rid of anger in your child or yourself, but rather to teach your child useful and acceptable ways to manage her feelings. You can teach your child that anger is a natural, healthy emotion and like other emotions (e.g., joy, sadness, frustration), anger needs to be expressed appropriately. A child who has been taught to recognize and understand anger in herself and others will be less likely to express her anger in aggressive and destructive ways. The ability to manage feelings and solve problems is a life-long skill necessary for children to be happy and healthy.

**ChallengingBehavior.org** **USF** **UNIVERSITY OF SOUTH FLORIDA**



## Tucker Turtle Takes Time to Tuck and Think

A scripted story to assist with teaching the "Turtle Technique"

By Rochelle Lentini, Lindsay N. Gloux and Mary Louise Hemmeler

**ChallengingBehavior.org** **UNIVERSITY OF SOUTH FLORIDA** **NCPMI**

### My Calm Down Choices

--	--	--

I choose:

# Tools for Breathing Exercises

## Take a Deep Breath

Smell the flower



Blow the pinwheel



## Count to Ten

1, 2, 3, 4, 5, 6, 7, 8, 9, 10!



## Hand Breathing



Place your finger on the red star to start. Follow the arrows and follow the breathing cues for breathing in and out as you trace the fingers of the hand with your finger.

## CALM DOWN YOGA FOR KIDS



I am strong.



I am kind.



I am brave.



I am friendly.

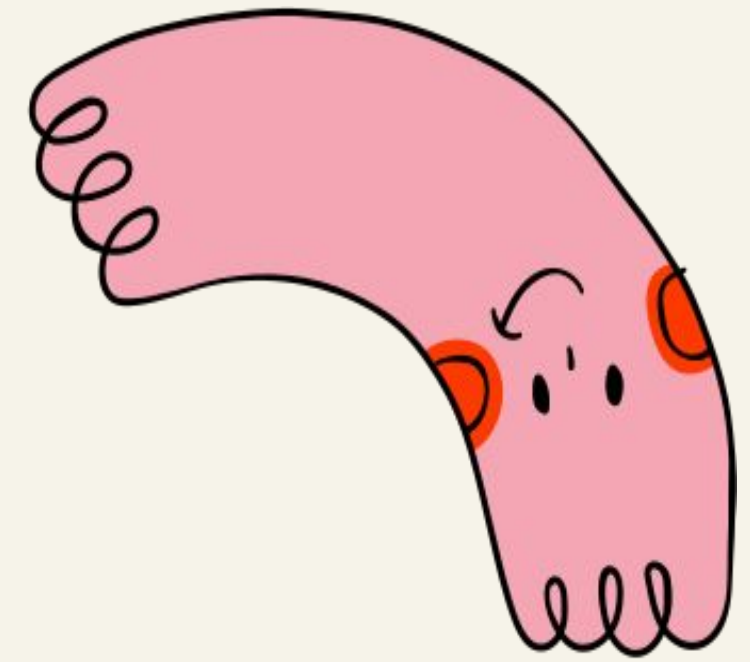


I am wise.



# Practice! Practice! Practice!

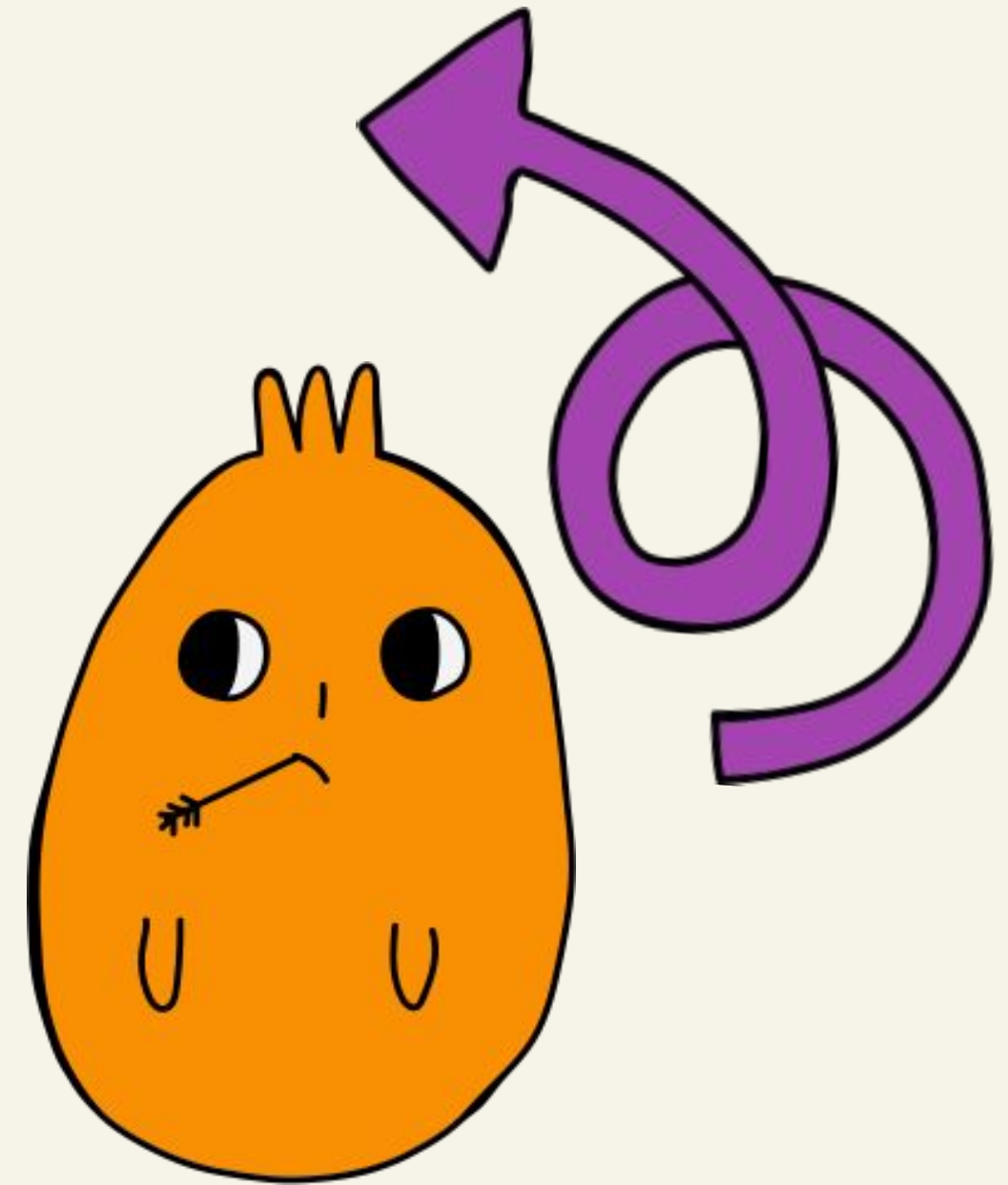
- **Seek opportunities to practice throughout the day and night**
- **Help children link the emotion to events**
- **Describe what the emotion looks like to children make connections**
- **Remind children to use the skill in new situations**
- **Make it a game or activity while waiting in line.**



# The Bottom Line

Children with a strong emotional vocabulary:

- Tolerate frustration better
- Get into fewer fights
- Engage in less destructive behavior
- Are healthier
- Are less lonely
- Are less impulsive
- Are more focused
- Have greater academic achievement

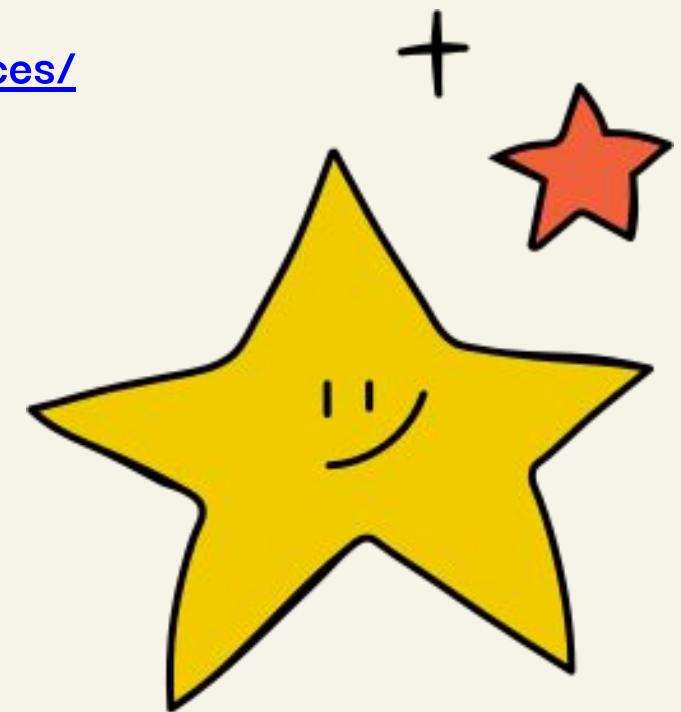


# When do we seek help? Community Resources



## Area Behavioral Health Agencies:

- Aaron Center, Dickson City
  - <https://aaroncenter.com/>
- Bright Beginnings, Carbondale
  - <https://www.facebook.com/brightbeginningsts/>
- Family Enrichment Center, Scranton
  - <https://www.familyenrichmentcenter.com/>
- Beyond Behavior, Kingston
  - <https://www.beyondbehaviorpa.com/>
- Youth Advocate Program, Dunmore
  - <https://www.yapinc.org/>
- Gregory Center, Multiple Locations
  - <https://www.thegregorycenter.com/>
- Scranton Counseling Center, Scranton
  - <https://scrantonscc.org/>
- Children's Service Center, Wilkes-Barre
  - <http://www.cscwv.org/csc/home/main.aspx>
- Tiffany Griffiths & Associates, Multiple Locations
  - <https://www.drgriffiths.com/>
- Friendship House, Scranton
  - <https://www.friendshiphousepa.org/>
- Autism Behavioral Health Services, Wyoming
  - <https://www.absgroupinc.org/>
- Evergreen Behavioral Intervention, Luzerne
  - <https://www.facebook.com/EvergreenBIC/>
- Keystone Behavioral Health Services, Kingston
  - <https://www.facebook.com/keystonebehaviorservices/>
- ProABA, Plains
  - <https://proabaservices.org/>
- Youth Advocacy Programs Inc., New Milford
  - <https://www.yapinc.org/>
- ABA Support Services, Bethlehem
  - <https://abasupportservices.com/>
- Prime ABA Consultants, Scranton
  - <https://primeabaconsultants.com/>
- Step By Step Inc., Wilkes-Barre
  - <https://www.stepbystepusa.com/>



# Additional Resources

## [Solution Kit Home Edition:](#)



Wait and take turns



Get a timer



Share



Say, "Will you play with me?"



Say, "Please, stop."



Ask for help



Ask for a hug



Use kind words



Take a break





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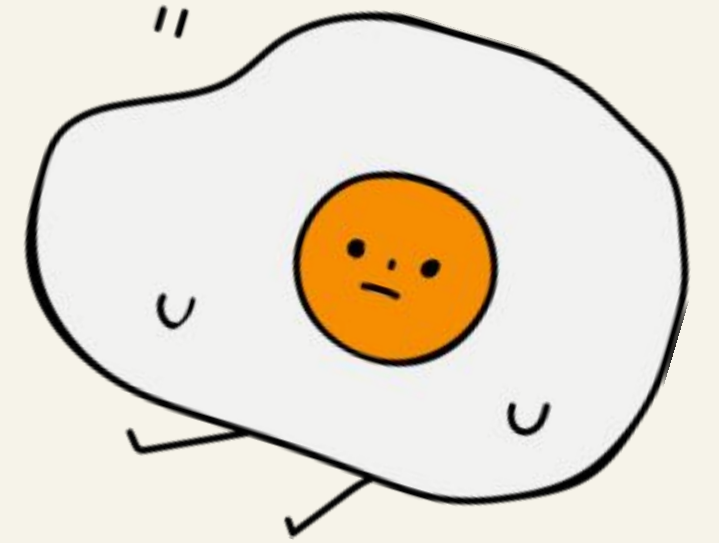
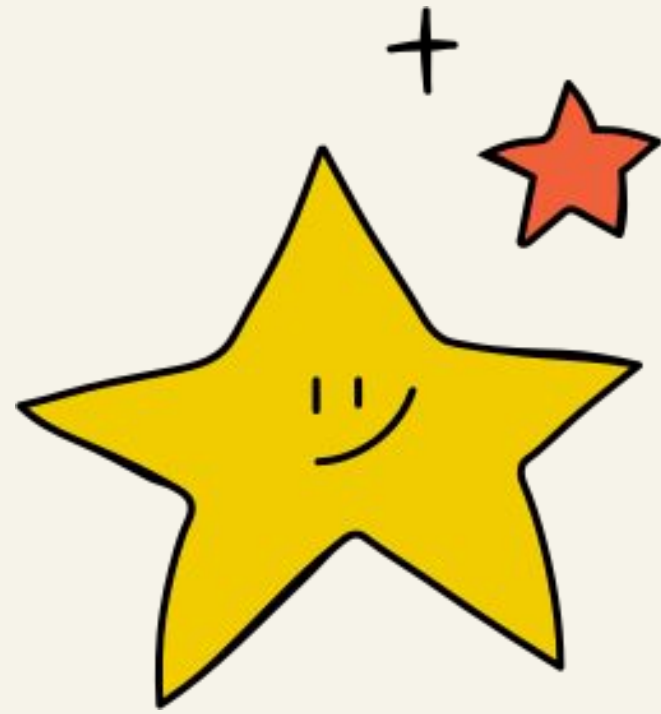


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Thank you!

