



# ***Guiding Young Children's Behavior***

## ***Segment 6: Helping Children Identify and Express Emotions***

### ***TRANSCRIPT for Objective 2***

#### ***Acknowledge and Help Children Identify Feelings***

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**Host:** Let's now look at ways to acknowledge children's feelings and help them to identify them.

**Teacher:** I don't understand what you're trying to tell me.

**Narrator:** Nicholas is upset about a classroom toy.

**Teacher:** You need to use your words. I'm going to hold your legs because you're kicking me. When you kick I don't understand what you're trying to tell me.

**Narrator:** Teacher Monica Mendez supports Nicholas by helping him express his feelings appropriately.

**Teacher:** So, when you're ready to talk say "I'm ready to talk". I see that you're crying. It's okay for you to cry if you're feeling upset but it's not alright to kick my body.

**Monica Mendez, Teacher:** We can talk to them, validate their feelings: "It's okay for you to cry; it's okay for you..." We try to ask them how they're feeling at that time. If we don't get the answers from them, we try to give them the language. "I see that you're feeling upset. Let's calm down, calm your body down, and then we can talk about it."

**Monica:** Can you tell me what was happening? Did you want a turn with the flashlight? Yea? Who was using the flashlight? You were using it? Okay, so let's go talk to Sander, and say, "Sander, I was using the flashlight". Okay, let's go find Sander.

**Host:** When you see a child who is frustrated or angry, you can comment on this, naming the emotion. You might say, "I can see that you are really sad." If you do this over time, children will gradually be able to identify and name emotions on their own. Also, you can acknowledge children's feelings when they are upset. Acknowledging feelings means letting children know it's okay to feel the way they do. You might say, "It's okay to feel sad. I feel sad, too, when someone says something I don't like." You should let children know you accept their feelings, even if you don't approve of their behavior. You might say, "I know you're angry that Janine took your raisins. That would make me angry too. But I can't let you hit her. That hurts."