Guiding Young Children's Behavior

Segment 6: Helping Children Identify and Express Emotions

TRANSCRIPT for Objective 4

Helping Children Understand Others' Feelings

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Host: At the same time that children are learning how to express their own emotions, they are also learning that other people have feelings too. Since young children are egocentric, this can be a hard idea for them to grasp. Because of this, children don't always understand that they can hurt someone else with their hands or with their words. You can help children notice their peers' feelings. You might say, "Look how happy Cecilia looks today," or "It looks like Jenna is sad." Statements like these help children understand their friends' emotions. There is something else you can do while you're helping children understand others' feelings. You can point out when a child's behavior has caused a peer to feel sad, angry, or happy. You might say, "See how angry he is because you pushed him?" or "Look how happy she is when you gave her some play-dough. See how she's smiling?" This helps children to see the consequences of their actions on others.

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