



Helping Children Identify Feelings

THEORY

Often children - as well as adults - have trouble identifying basic feelings, and therefore act out emotions instead of identifying and understanding them. Having the ability to be self-aware and have self-control and express feelings is highly correlated with positive life skills and self-esteem. This activity can help children understand their feelings.

IMPLEMENTATION

Hand out the following worksheet to help children identify a variety of feelings.

Have them think of a general situation that upsets them, such as fighting over video games with siblings.

Ask them to circle their feelings.

Then have them go to the next section and circle or write in what they are upset about, and how they can ask for a change.

Then ask them to circle or write a consequence if the other person is not willing to make a change.

This TIP is in part a lesson about I-Messages and assertiveness, and is reinforced in the chapter focusing on building self-esteem.

PROCESSING

Ask the children how their relationship would be different with their family and friends if they had the ability to identify their feelings and control them in the way they learned from the worksheet. Ask them how they can remember this lesson in real life when they get emotional. Reinforce the point that these skills can be learned and are not dependent on anyone doing anything different as long as they themselves use good tools to deal with difficult situations.



Identifying and Expressing Feelings Worksheet

Think of situations you find yourself upset. Imagine yourself in those moments. Can you imagine it? First identify which feelings apply and circle those feelings, then go to each of the other sections and circle what applies. Write in any other answers in each of the sections that are not on the sheet.

<i>I FEEL</i>					
Angry	Sad	Frustrated	Upset	Confused	Disappointed
Overwhelmed	Furious	Out of control	Embarrassed	Disrespected	Stressed
Worried	Tense	Panicky	Nervous	Belittled	Afraid
<i>When You</i>					
Tease Me	Exclude Me	Hit Me	Hurt Me	Yell	Scream At Me
Don't Share	Make Annoying Noises	Laugh At Me	Don't Listen to Me	Are Mean To Me	Gang Up On Me
Are Rude	Disrespectful	Make Fun Of Me	Embarrass Me In Front Of Others	Call Me Names	Raise Your Voice
<i>I Am Asking You To</i>					
Stop Doing That	Be More Polite	Consider my Feelings	Stop Making Fun Of Me	Be Nicer To Me	Apologize
Give Me A Chance to ...	Leave Me Alone	Play Nicely With Me	Be More Respectful	Stop Calling Me Names	Show Respect
<i>Or I Will</i>					
Go Home	Not Play With You	Tell My Parents	Do Something Else	Not Want To Be Your Friend	Stop Playing The Game
Ask You To Go Home	Leave	Tell The Teacher	Stop Playing With You	Distance Myself	Not Ask You To Play Again