

# Discovering Feelings



CENTER FOR  
Early Childhood  
Mental Health  
Consultation

Georgetown University Center for Child and Human Development

Funded by the Office of Head Start/ACF, DHHS (#90YD0268)

# Happ

Place pictures of children who appear to be **HAPPY** in the space provided on this page.



# Sar

Place pictures of children who appear to be **SAD** in the space provided on this page.

# Sad

## DISCUSSION

What do you do when you are sad?

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What do you do when other people are sad?

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How can your feelings change when you are sad?

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On the count of three, let's put on our **sad** faces!



## Activity

It is often helpful to have for children draw pictures of emotions that may be hard for them to talk about, or those that are sad or scary for them to experience. Provide children with an assortment of large crayons and butcher paper so they can draw with plenty of space.

## Tips for Young Infants

A simple way to introduce the concept of sadness is to look for teachable moments during the day. For example, teachable moments might come when a child is being left at child care or when all the milk in his/her bottle is gone and he/she begins to cry. Use these and other opportunities to introduce the word "sad" into the child's vocabulary. Let him/her know it's all right to be sad, and remind him/her that feelings can change. You might say, "I know that it is hard when you are wet and I need to change your diaper. In a few minutes we will have you all dry, and you may feel all better."

# Exciter

Place pictures of children who appear to be **EXCITED** in the space provided on this page.



# Angry

Place pictures of children who appear to be **ANGRY** in the space provided on this page.



# Angry

## DISCUSSION

What makes you angry?

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What do you do when you are angry?

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What is a good way to handle being angry?

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On the count of three, let's put on our **angry** faces!



## Activity

Read a book that contains a story about a character who becomes angry. Highlight from the story what is appropriate versus inappropriate behavior, and be sure to emphasize a suitable resolution to any conflict that may have occurred. You might also use this moment to go over the rules of what is appropriate behavior in your child care or home setting for example, talking with someone about what's causing you to be angry *is* OK, but hitting is *not* OK.

## Tips for Young Infants

You can use opportunities that come up naturally to help younger infants begin to recognize their own anger. When babies appear to be angry or frustrated, focus on labeling the emotion and showing the child what an angry face looks like by holding up a mirror for them to look in.

# Surprised

Place pictures of children who appear to be **SURPRISED** in the space provided on this page.

