

Early Learning Tip June - Feelings

School District 60 wants you to know...

You are your child's first and best teacher. You can help your child grow strong roots for learning both in and out of school.

Tip- Feelings



- **talk** about feelings and what might cause them
- **use** descriptive vocabulary like happy, sad, angry, disappointed, excited, surprised and frustrated
- **encourage** your child to talk about himself
- **pause** while reading a book and ask how a character might be feeling
- **model** how to handle emotions positively yourself

Why? Since birth, your child will be developing many emotions. Even before children learn and understand language, they feel emotions. Understanding emotions will help your child develop qualities like caring, self-esteem, and flexibility which will help them to better understand others' feelings. To find out more information go to:

www.fsj.familyfriendlycommunity.org or www.earlylearning.prn.bc.ca