

(small cards and scenarios to match)

Strategies

<p>Use photographs, pictures, and posters that portray people in various emotional states.</p>	<p>Introduce children to more complicated and varied feelings words, including positive and neutral terms.</p>
<p>Ask children questions about their feelings and talk about the fact that feelings can change.</p>	<p>Use real life situations to practice problem solving, beginning with defining the problem and emotions involved as appropriate for each age.</p>
<p>Assist children in recognizing and understanding how another child might be feeling by pointing out facial expressions, voice tone, body language, or words.</p>	<p>Observe and share aloud how children's actions influence others in the room.</p>

Strategies

<p>Label cues of emotional escalation for children.</p>	<p>Uses opportunities to comment on occasions when children state they are feeling upset or angry but are remaining calm.</p>
<p>Be present and offer calm words of support during a toddler “tantrum.”</p>	<p>Choose books, music, and finger plays with a rich vocabulary of feeling words.</p>
<p>Label own emotional state and provide an action statement.</p>	

Scenarios

“Let’s all take a look at the children on this page. Which child seems to be very excited? Which one seems sad?”

A feeding situation with a 10-month-old fussing as he spits out food with a new texture: “Oh, Benji, you weren’t expecting those beans were you? Did that make you feel upset to get something you weren’t expecting? I think you want the apple sauce right now. How about you give these beans a try and we’ll have apple sauce next.”

Rocking a baby who is tired and can’t relax: “I know you .you are having a hard time falling asleep. It is hard to relax and fall asleep sometimes but I see you yawning and I think you are really tired. I will hold you and rock you until you feel more relaxed.”

“I can see that you are upset because it is time to go inside. Sometimes it is difficult to go inside when you don’t feel ready. Let’s think about how to make it better. How about we go right over to the easel and you can paint?”

A teacher asks a child who is waiting for her turn on the slide: “Melanie, are you upset right now? I know it can be very hard to wait patiently, but when Riley comes down the slide, he will let you have a turn. I think you will feel much happier then.”

“Juan, when the dog came near, you used to cry and feel scared. But, now you look happy to see that big puppy!”

Helping a 22-month-old try to open the drawer in a piece of dollhouse furniture: “Cate, I see you are shaking and banging the dollhouse furniture. I’m wondering if you’re feeling frustrated because you cannot get the drawer open. Why don’t we try to open the drawer together. Can I show you?”

Helping a toddler find a toy ball that rolls away: “Shelby, you seem confused. Where did your ball go? It looks like your ball rolled behind the shelf. How do you think we could get the ball?” (Try the child’s suggestions and if necessary, share your ideas.)

Interrupting play to change a diaper: “Laura, I can see that you are having fun playing with the balls but I need to change your diaper. Are you ready now or would you like two more minutes and then I can change you?”

Telling a child who is not crying why the child who is unhappy is crying and then telling her how to comfort the crying child: “Mia, Kiri is crying because she wants her Mommy. Do you think she would feel better if she had her binky? Can we find her binky? You could give her the binky and then she might not be so sad. Do you think she feels better? Do you feel better now that she’s not crying?”

“It looks like Mateo is scared when you run at him so fast. Perhaps if you walk to him instead of run towards him, he will feel calmer.”

Scenarios

When younger children have pacifiers, bottles, or blankets that older children seem envious of: “I can see that you pulled little Cora’s pacifier out of her mouth, John. She looked sad and hurt when you did that. Sometimes it might be nice to have your own pacifier, right? We just have to be sure that Cora doesn’t lose hers, so maybe you can help me give it back to her.”

“You look like you are getting excited because Mommy is coming soon!”

“Marco, it looks like you are frustrated because the shapes are not fitting into that shape sorter. Why don’t you try turning that triangle around?”

“Cora, you say you are mad and you want your truck back. I see you are staying relaxed and calm. Can I help you? We can ask for your truck together.”

“James, I can see you are angry. I’m going to stay right here so that you don’t hurt yourself or your friends. When you are ready for a hug, I will be right here.”

“Which song would you like to sing first - ‘If You’re Happy and You Know It’ or ‘Shake your Sillies Out?’”

“I am feeling frustrated right now, so I better count to ten and take a deep breath to help me relax.”