



Naming My Feelings

Teaching children to identify and name their emotions helps them become more aware of their feelings. This awareness is the foundation for emotional intelligence, which is the ability to recognise, understand, and manage one's own emotions.

Learning to express emotions through words allows children to communicate their needs, thoughts, and feelings more effectively. Instead of acting out, they can express themselves verbally, leading to healthier interactions with others.

Page 1 and 2:

May feels shy and doesn't want to speak with others - Do you sometimes feel shy? Can you tell me about it? It is OK to feel shy sometimes, what can we do when we feel shy to make ourselves feel better? Think about implementing self regulation techniques you can use with your child such as mindfulness and relaxation.

May feels nervous - She knows what she has to do and feels scared she will make a mistake, or not do a good job - Do you feel nervous sometimes? Can you tell me about it? Its Ok to feel nervous sometimes, what can we do when we feel nervous to make ourselves feel better?

Page 8:

May is so happy to see the butterflies. What makes you happy? This is a great opportunity to discuss favourites.

Page 11 and 12:

May is embarrassed - Why do you think her face is red? How does she feel? Can you think of a time you have felt like that? Can you tell me about it? It's OK to feel embarrassed sometimes, what can we do to make ourselves feel better?

When May is embarrassed she feels sad - Do you sometimes feel sad? Can you tell me about it? Its OK to feel sad sometimes, what can we do to make ourselves feel better?

May is pulling Mum's hand because she feels angry and frustrated – Do you sometimes feel angry or frustrated? Can you tell me about it? It is OK to feel angry or frustrated, what can we do to be calm and make ourselves feel better?

Page 28:

May is feeling proud. She did a great job and is feeling happy about it. When was the last time you felt proud? What did you do? Did you have to practice?