

Managing emotions: helping your child express how they feel



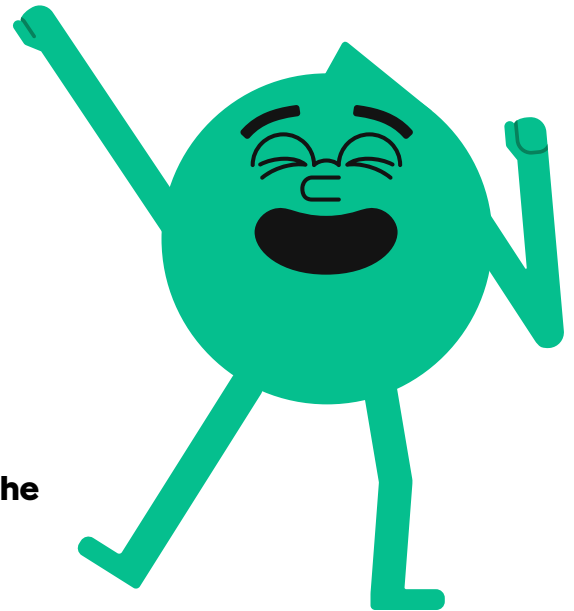
It's essential for kids to learn how to express how they feel in words. Being able to recognize and name what they're feeling is an important step toward learning to manage their emotions.

How to play

1. Print out this tool.
2. Cut out the sentences describing emotions and mix them up.
3. Place the page with the various faces on the table.
4. Choose a sentence at random and read it aloud.
5. Match the sentence with the corresponding face.

To take the game a step further, ask your child to do the following:

- Describe, in their own words, how they feel when they experience each emotion
- Think of ways to deal with negative emotions
- Define and draw a face for other emotions
- Etc.



Gérer ses émotions : sentences to cut out

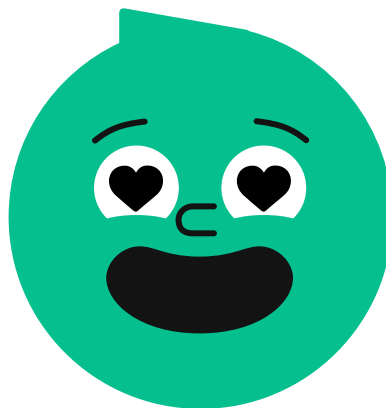
There's a smile on my face.	It feels like there's a big storm in my head.
It feels like my head is filled with sunshine.	I want to be with my parent.
I want to sing and dance.	I have a big ball in my stomach.
I feel like a big, soft sweater.	I squeeze my eyes shut so I can't see anything.
I feel like I'm walking on air.	I'm neither sad nor happy.
My face is as red as a tomato.	I feel like a blank sheet of paper.
I'm crying, and I can't help it.	
My heart is filled with butterflies gently flapping their wings..	
I would rather have someone else decide for me.	



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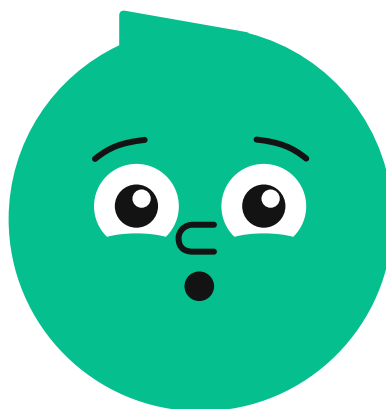
I am happy



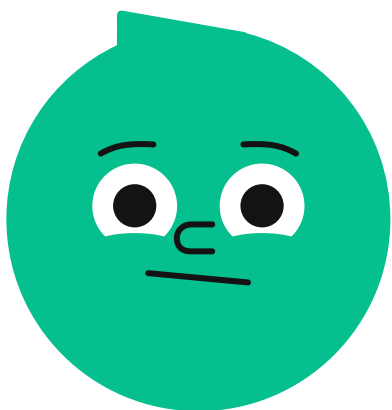
I'm in love



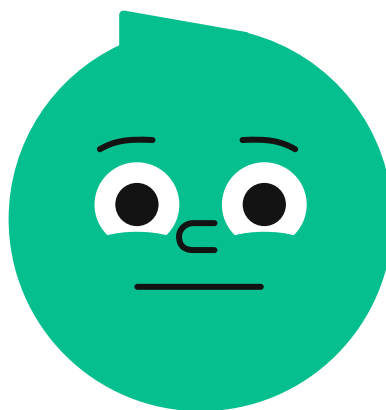
I'm angry



I'm afraid



I feel anxious



I'm indifferent

Managing emotions: answer key

I am happy

- There's a smile on my face.
- It feels like my head is filled with sunshine.
- I want to sing and dance.

WOW

I'm in love

- I feel like a big, soft sweater when I see this person.
- I feel like I'm walking on air when I'm with them.
- My heart is filled with butterflies gently flapping their wings when I think of them.

I'm angry

- My face is as red as a tomato.
- I'm crying, and I can't help it.
- It feels like there's a big storm in my head.

I'm afraid

- I want to be with my parent.
- I have a big ball in my stomach.
- I squeeze my eyes shut so I can't see anything.

I feel anxious

- My head and my heart are telling me different things.
- Lots of questions are racing through my head.
- I don't know what to do.

I'm indifferent

- I'm neither sad nor happy.
- I feel like a blank sheet of paper.
- I have no particular opinion.

