

# Helping Children Name Their Emotions

WHEN CHILDREN CAN NAME THEIR EMOTIONS,  
THEY CAN MANAGE THEM.



Naming feelings helps children feel seen, understood, and more in control. It builds emotional awareness, stronger relationships, and lifelong emotional well-being.



## WHY IT MATTERS



Builds emotional awareness



Helps children feel safe and understood



Supports better behavior and self-regulation



Strengthens connection and trust



Builds skills for life

## HOW YOU CAN HELP

### 1 Notice and Name It



Put feelings into words to help your child feel seen.

*"You look really frustrated right now."*

### 2 Offer Feeling Choices



Give emotion options to help them find the right word.

*"Are you feeling sad, angry, or disappointed?"*

### 3 Validate Their Feelings



Let them know all feelings are okay and normal.

*"It's okay to feel upset. I'm here with you."*

### 4 Use Feeling Words Often



Talk about feelings in everyday moments and stories.

*"He felt nervous before his presentation."*

### 5 Listen Without Fixing



Listen with empathy. Sometimes being heard is enough.

*"Tell me more about how that felt."*

### 6 Teach It, Don't Test It



Keep it low-pressure and curious, not a quiz.

*"There's no right or wrong feeling."*

## FEELING WORDS TO USE



#### HAPPY

happy  
proud  
excited  
grateful  
peaceful

#### SAD

sad  
lonely  
disappointed  
hurt  
overwhelmed

#### ANGRY

angry  
frustrated  
annoyed  
mad  
irritated

#### SCARED

scared  
nervous  
worried  
anxious  
afraid

#### OTHER

confused  
jealous  
embarrassed  
shy  
surprised



### YOU DON'T NEED TO GET IT PERFECT.

Your presence, patience, and gentle words help your child feel safe with every emotion.

*You're doing a great job.*

