Encourage kids to talk about their feelings.

Being able to verbalize an emotion reduces the likelihood of it resulting in problematic behavior.

WORDS TO HELP KIDS TALK ABOUT FEELINGS BEYOND ‘HAPPY’ AND ‘SAD’.

surprised    brave    joyful    worried    angry    bored
frightened    proud    shy    embarrassed    friendly
calm    quiet    curious    anxious    confused    safe
unsafe    relieved    jealous    frustrated    excited
uncomfortable    silly    forgotten    ignored    loved
curious    interested    overwhelmed    terrified
peaceful    lonely    annoyed

For books and resources to empower children go to
www.e2epublishing.info