



Emotion words

Emotion words let children express their feelings, and better identify how others feel. Children need different **emotion words** to clearly explain how events make them feel.

To help children use **emotion words** in sentences, you can:

- Use **emotion words in your own talking** to describe how people feel, and
- Repeat children's sentences and **add on emotion words**.

Play with emotion words: Use emotion words in your play together



Play...with a teddy or action figures

Play with your child using dolls, bears, or action figures. Use **emotion words** in short sentences to talk about how the toys would feel in different situations.

Child: It is teddy's birthday!

You: Teddy is *excited* because it is his birthday!



At home...looking at photographs

Look at photographs of family and friends together. Use **emotion words** in short sentences to describe how people are feeling in the pictures.

You: She is *surprised*. He is *tired*. She is *cross*.



Out and about...at the playground

Talk about feelings when you are at the playground or park. Add on emotion words to your child's sentences.

Child: That's a big slide (*pulling back and holding on tightly*).

You: That slide is very big. It's ok to be a bit *scared*!



Emotion words

Read with emotion words: Visit the library and borrow some books

What Makes Me Happy? by Catherine and Laurence Anholt

The Very Cranky Bear by Nick Bland

Happy, Sad, Feeling Glad by Yasmeen Ismail

Words to grow: Use these words in your day

Children will often learn *happy* and *sad* first. There are lots of words that describe our **emotions**. Think about different situations and how they might make children feel.

Words about feelings: *tired, angry, cross, scared, delighted, bored, OK, disappointed, frustrated, cranky, excited, calm*

Situations: *holiday, an outing, a new toy, losing a toy, a surprise/change*

Learn about emotion words: Ways to help language grow

When you **use emotion words in your own talking**, you are:

- Showing children ways to describe feelings, and
- Helping them to use more **emotion words**.

When you **repeat children's sentences** and **add on emotion words**, you are:

- Showing you understand what they have said, and
- Showing children how to include **emotion words** next time.

Children not have to repeat words after you. The more often children hear **emotion words** to describe feelings in their day, the more likely they will understand new words and begin to use them in their own talking.

Speech pathology key terms: Emotion vocabulary, modelling, expansion.