

CONNECT TO THE CLASSROOM

Label Feelings

During the infant 2 video, the teacher used the strategy "**label feelings**" to support building this child's emotional vocabulary. The teacher:

- Labeled his feelings as "happy"
- Connected being happy with smiling

Practice applying the key concepts demonstrated in this interaction on your own:

- **Label feelings**
- **Connect emotions to actions** so that babies begin to link what they are feeling to their own or others' actions.

When you are finished, reflect on the following questions:

1

What feelings did you label? How did you connect the feeling to an action?

2

What was the baby's reaction?
Was this what you expected? Why or why not?

3

What activities could you play or books could you share to help children connect feelings with words and actions?

4

What more could you have done to help the baby understand his emotions?

