



## CONNECT TO THE CLASSROOM

# Encourage Children to Talk about Feelings

In the Encourage Children to Talk about Feelings T2 video, the teacher encourages children to talk about feelings by having a toddler name the emotion a friend might be feeling. She quickly acknowledges and expresses the feeling to another child. She continues by restating the emotion and expanding on how the friend might feel, such as suggesting that he might feel sad because he is sick.

Practice applying the key concepts demonstrated in this activity on your own.

- Acknowledge by repeating and expressing the emotion.
- Restate and expand on the emotion.
- Point out what someone feels and say, "Sometimes you feel that way, too."

**When you are finished, reflect on the following questions.**

**1** What emotions did you repeat and express? \_\_\_\_\_  
How was it useful to use that strategy? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2** What was the toddler's reaction?  
Was that what you expected? Why or why not? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3** What more could you have done to help the toddler understand the emotion? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**4** What could you do differently next time? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_