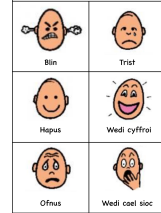


# Discussing Emotions

Teaching your child to understand emotions is important to help him / her make sense of events.



Here are some suggestions...



Name Emotions



Create Mind Maps



Use characters and pictures



Imagine



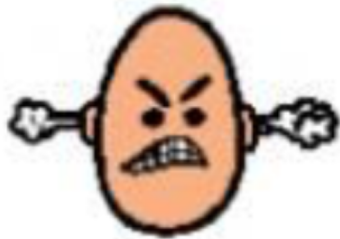
Cyfathrebu a Rhyngweithio / Communication and Interaction



## Naming emotions

Use pictures to help your child name and recognise emotions. Ask e.g.

- How is he feeling?
- Show me a scared face.
- Can you pull an angry face?



Angry



Sad



Happy



Excited



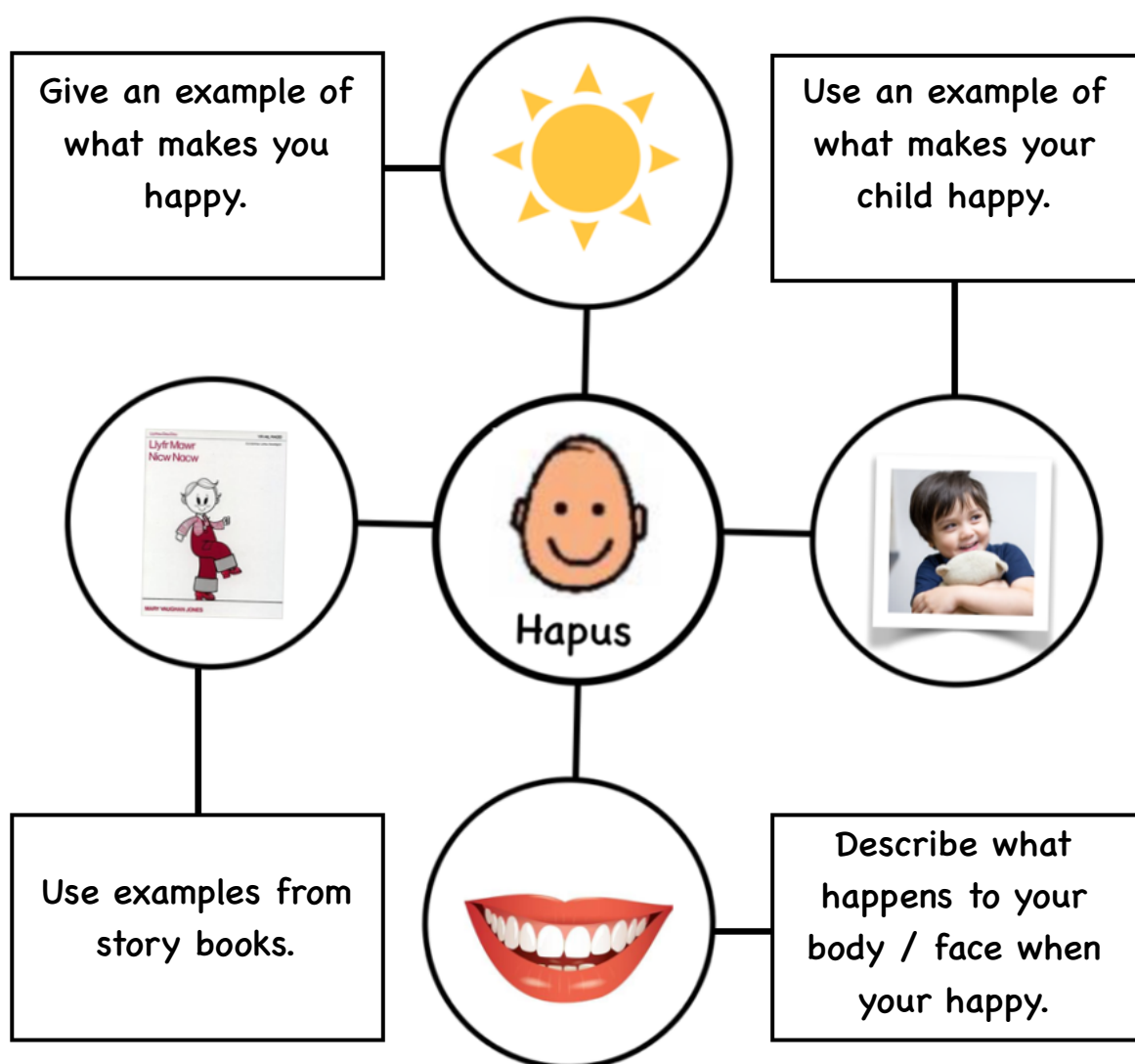
Scared



Shocked

## Create a Mind Map

Create mind maps with your child to help him / her understand different emotions.



## Use characters and pictures



Sometimes using pictures and characters (e.g. puppets) to tell a story can help your child understand and discuss emotions.

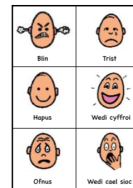
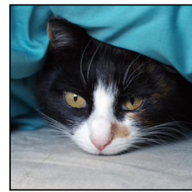
### 1. Show and discuss a picture:

- **Who** is in the picture?
- What is the cat **doing**?
- **Where** is the cat?



The cat is hiding in the bed.

### 2. Discuss how Titw Tomos Las would feel if he saw a cat hiding in his bed.



Titw Tomos Las is shocked.

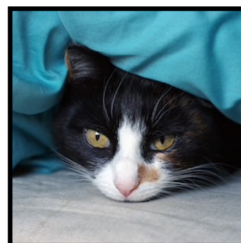
### 3. Tell the story in four simple steps. Draw pictures.



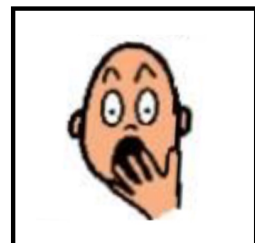
This is Titw Tomos Las.



It's Titw Tomos Las' bedtime.



A cat is hiding in Titw Tomos Las' bed.



Titw Tomos Las is shocked.

## Use your imagination

Imagining can be difficult, give your child plenty of ideas.



Help your child imagine what else could shock Titw Tomos Las. Give examples.

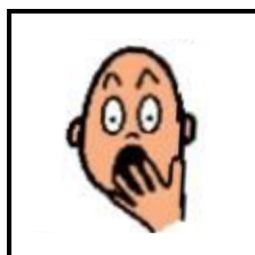


This is Titw Tomos Las.



It's Titw Tomos Las' bedtime.

?



Titw Tomos Las is shocked.

