



CALMING COMMUNITIES
COUNSELING & WELLNESS

Parent Tips for Building Emotion Skills



Role Model

- Verbalize your feelings to show emotion in a healthy, honest way.
- Ask your child to look at your face and guess how you feel and why.
- Acknowledge your child's feelings and how your actions may have affected them.



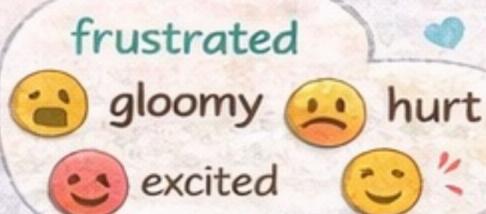
Ask

- Play emotion-guessing games in public.
- What is their **face** doing?
How do you think they're feeling?
- What do you think happened to make them feel that way?



Name

- Name the feelings your child shows and ask if your guess is correct.
- Encourage your child to name their own feelings.
- Use specific words beyond 'mad,' 'sad,' and 'happy' like frustrated, gloomy, hurt, excited.



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