



EQ Pack

Includes:

- 4 Basic Emotions
- Emotions Vocabulary: Bringing awareness of emotions
- What Am I feeling? Figuring out the feeling to decode your child's behaviour
- 48 Calming Strategies
- List of ideas to include in the calming basket
- How To Implement Your Calming Space At Home

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What Am I Feeling?

Children are unable to verbalize their feelings. This is a skill that develops over time, therefore they communicate their feelings largely through their behaviour. However, they always FEEL the feeling before they REACT according to how they feel. This is why it is important to find the underlying cause or feeling rather than focusing on the behaviour itself. Even though they are behaving in socially unacceptable ways, it doesn't address the underlying feeling and therefore a child doesn't learn anything from the experience. In order to decode a child's behaviour, we need to figure out the feeling.

	HAPPY	SAD	ANGRY	SCARED
WORDS I AM USING	Yay! I'm so excited! I can't wait! I'm looking so forward to... This is the best! I can't believe it!	I can't! It's all my fault! I'm sad! I want to be alone. No one cares. I don't feel like it. What's the point?	Aaaahh! I hate you! It's driving me up the wall. I've had it up to here with... Stop it! I'm sick and tired of... I'm fed up.	I don't know about this! My tummy is sore! I don't want to! What about...? Can you sleep with me?
WHAT IS MY TONE OF VOICE?	High pitched	Low and deep	Elevated, Loud, Shouting	Shaky, Quiet
WHAT IS MY BODY LANGUAGE?	Smiling Jumping up and down Shoulders relaxed Body comfortable Laughing	Crying Puffy face and red eyes Drooping shoulders and slumping Staring at empty hands Seeking comfort Laying head on arms	Clenching your jaws Grinding your teeth. Stomach ache. Increased and rapid heart rate. Sweating Feeling hot in the neck/face. Shaking or trembling.	Heart beats faster Mouth goes dry Palms sweat Get butterflies in your stomach Tightness in your chest Shaking Dizziness
WHAT IS MY REACTION?	Energized Lovable Seeking social settings	Crying Pushing people away Seeking comfort	Becoming aggressive Yelling Blaming Hitting	Seeking comfort Lashing out

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Emotions Vocabulary

When speaking to your children about emotions, or expressing your own, try to elaborate using synonyms of the 4 basic emotions. This helps to bring awareness of our emotions, can help us talk about feelings more clearly, resolves conflicts better, and helps to move past difficult feelings more easily.

HAPPY
content cheerful cheery merry joyful jovial jolly gleeful carefree untroubled delighted smiling beaming grinning glowing satisfied gratified radiant sunny joyous blessed in good spirits light-hearted good-humoured thrilled elated exhilarated ecstatic blissful euphoric overjoyed

SAD
unhappy sorrowful dejected regretful depressed miserable downhearted down despondent despairing disconsolate glum gloomy doleful dismal blue melancholy low-spirited mournful woeful forlorn heartbroken inconsolable grief-stricken

ANGRY
irate annoyed cross vexed irritated exasperate displeased provoked resentful furious enraged infuriated raging fuming ranting raving seething outraged frenzied bad-tempered hot-tempered crabby hostile antagonistic mad livid boiling aggravated snappy narky heated fiery

SCARED
frightened afraid fearful nervous panicky agitated alarmed worried intimidated terrified petrified horrified panic-stricken terror-stricken frantic hysterical shaky jumpy jittery funky spooked

Emotions Vocabulary
Parent Support: Child Behaviour and Development
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CALMING STRATEGIES

HAPPY

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SAD

HAPPY

ANGRY

SCARED

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