

# The Importance of Emotional Identification

"When kids learn to manage their emotions in childhood it leads to positive attitudes and behaviors later in life."

According to Kids Helpline (2020), kids who learn healthy ways to express and cope with their feelings are more likely to:



Be empathic and supportive of others



Perform better in school and their career



Have more positive and stable relationships



Have good mental health and wellbeing



Display less behavioral problems



Develop resilience and coping skills



Feel more competent, capable, and confident



Have a positive sense of self

SOURCE: Kids Helpline, 2020

## The Purpose of this Chart

This **Emotional Identification Chart** has several purposes!

This chart will help your child:

- Identify their emotions using easy-to-understand images
- And learn how to put their emotions into words

As a parent/caregiver, this chart can help you:

- Actively listen to your child
- Validate your child's feelings
- And guide your child through thoughtful emotional reflection

## How to Use this Chart



Hang chart in a frequently visited room  
*Example: the kitchen*



Pick a time of day to regularly check in with your child using the chart  
*Example: at bedtime to create special bonding between you and your child, or to close out the day*



Encourage your child to use the chart throughout the day



Problem-solve with your child if you are comfortable, using verbiage such as "I wonder"  
*Example: "I wonder what we can do to make that less scary next time"*

