

A Parent's Guide to Modelling Emotional Awareness

As a parent, you can guide your child to become more emotionally aware by modelling this to them. Imagine something happens and you feel angry. Your child notices this or you maybe feel like you want to take out your anger on your child. If you choose to model emotional awareness in this moment, you would do the following:

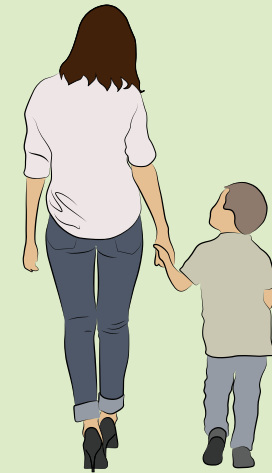


1. Name the feeling

"I am currently feeling quite angry."

OR

"I notice I am feeling frustrated/ angry right now. I am not angry at you, I am angry at what you did."



2. Model how you know this

"I can feel that my heart is racing/ my shoulders feel tight/ my face is red. These are signs that tell me I am feeling angry."



3. Share the cause of your anger (if appropriate):

"Somebody at work said something rude to me that hurt my feelings and now I feel angry."

OR

"When you did not do what I asked you to, it made me feel angry."



4. Model how you will resolve this emotion:

"I need a moment to calm down and will take a walk."

OR

"I need to take a nap to feel better."

OR

"I need to take some deep breaths and count to ten before I can talk to you."