

Helping children to manage feelings

"Let's go, let's go. Come on Dad!"

This is the family outing that everyone in the family has been waiting for.

Seven-year-old Voula has been up since dawn jumping around excitedly.

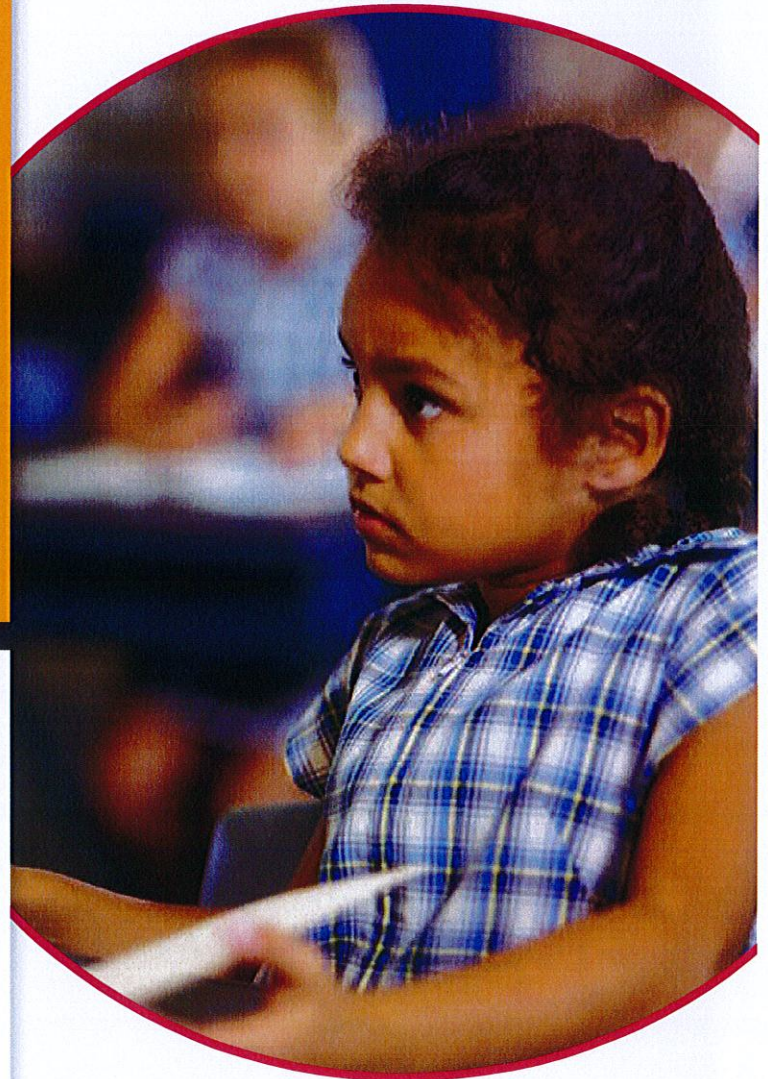
When Voula gets wound up it can be difficult to keep things under control. She doesn't seem to understand that her baby brother doesn't like her jumping around and poking at him, or that her Dad is a bit slower in the mornings and needs his space. You don't want to dampen her enthusiasm, but you'd like her to be able to express it in ways that are less annoying to others!

Learning to manage feelings

Children's feelings are often intense. They can be quickly taken over by feelings of excitement, frustration, fear or joy.

When feelings take over children's behaviour, they can find it difficult to manage without adult support. This is why learning how to recognise and manage feelings is a very important part of children's social and emotional development.

Understanding that all sorts of feelings are normal, that they can be named, and that there are ways of handling them are the first things children need to learn about feelings. Understanding that feelings affect behaviour, and being able to recognise how this happens are important steps for learning to manage feelings.



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