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What is Expressing Feelings

Understanding and Expressing Feelings is Essential for Kids

DEFINITION

Expressing feelings means sharing how you feel with others. It's important for building relationships and understanding emotions.

KEY CONCEPTS

Identifying Emotions

Recognizing your own feelings is the first step in expressing them clearly.

Using 'I' Statements

'I' statements help communicate feelings without blaming others, like saying 'I feel sad.'

Nonverbal Communication

Body language, facial expressions, and tone of voice can also express feelings.

Active Listening

Listening to others shows you care about their feelings, encouraging open communication.

Empathy

Understanding and sharing the feelings of others helps strengthen connections.

EXAMPLES

- Saying 'I feel happy when we play together.'
- Using a sad face to show you're upset.
- Listening to a friend and saying, 'I understand how you feel.'

MEMORY TIPS

- ★ Remember 'I' for 'I' statements to express feelings.
- ★ Think of a heart to symbolize empathy and understanding.
- ★ Use the acronym FEEL: Feelings, Express, Empathize, Listen.

COMMON MISTAKES

- ✗ Not recognizing their own feelings before expressing them.
- ✗ Using blaming language instead of 'I' statements.
- ✗ Ignoring nonverbal cues that convey emotions.

QUICK RECAP

Expressing feelings helps communicate emotions and build relationships. Use 'I' statements and listen actively to enhance understanding. Remember to recognize your feelings first!