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What is Feelings

Understanding Feelings: The Key to Emotional Intelligence!

DEFINITION

Feelings are emotional responses we have to experiences or thoughts. They help us understand ourselves and others better.

KEY CONCEPTS

Types of Feelings

Feelings can be positive, like happiness, or negative, like sadness. Each feeling has its purpose.

Identifying Feelings

Recognizing our own feelings and those of others is crucial for effective communication and empathy.

Expressing Feelings

It's important to express feelings in healthy ways, such as talking or writing about them.

Managing Feelings

Learning to manage feelings helps us respond appropriately in different situations.

Feelings and Actions

Our feelings can influence our actions, so understanding them can lead to better choices.

EXAMPLES

- Feeling happy when playing with friends.
- Feeling sad after losing a favorite toy.
- Feeling scared during a thunderstorm.

MEMORY TIPS

- ★ Use the acronym 'H.E.A.R.' to remember: Happy, Excited, Angry, Relaxed.
- ★ Think of a color for each feeling: blue for sad, yellow for happy.
- ★ Create a feelings chart with faces showing different emotions.

COMMON MISTAKES

- ✗ Confusing feelings with thoughts, like saying 'I feel like' instead of 'I feel'.
- ✗ Ignoring feelings instead of acknowledging them.
- ✗ Not expressing feelings, leading to misunderstandings.

QUICK RECAP

Feelings are emotional responses that help us connect with ourselves and others. Understanding and expressing our feelings is essential for emotional intelligence. Remember to identify, express, and manage your feelings for better relationships.