ONE PAGE SUMMARY

Kids Learning › Emotional Intelligence › Feelings

What is Feelings

Understanding Feelings: The Key to Emotional Intelligence!

DEFINITION

> Feelings are our emotional responses to experiences and situations. They help us understand ourselves and others better.

KEY CONCEPTS

Types of Feelings

Feelings can be positive, like happiness, or negative, like sadness.

Recognizing Feelings

Identifying how we feel is the first step in managing our emotions.

Expressing Feelings

It's important to share our feelings with others to build connections.

Understanding Others' Feelings

Empathy helps us relate to what others are feeling and respond appropriately.

Managing Feelings

Learning to control our feelings can lead to better decision-making.

EXAMPLES

→ Feeling happy when playing with friends.

→ Feeling sad after losing a favorite toy.

→ Feeling excited about a birthday party.

MEMORY TIPS

★ Use the acronym 'H.E.E.M.' for Happiness, Empathy, Expression, Management.

★ Think of feelings like weather: sunny (happy), rainy (sad), stormy (angry).

★ Create a feelings chart with faces to visualize different emotions.

COMMON MISTAKES

✗ Confusing feelings with thoughts, like saying 'I feel like' instead of 'I feel.'

✗ Ignoring feelings instead of expressing them.

✗ Assuming others feel the same way without asking.

QUICK RECAP

Feelings are our emotional responses that help us understand ourselves and others. Recognizing, expressing, and managing feelings are crucial for emotional intelligence. Remember to practice empathy and communicate your feelings clearly.