



# Talking About FEELINGS to Build Brains

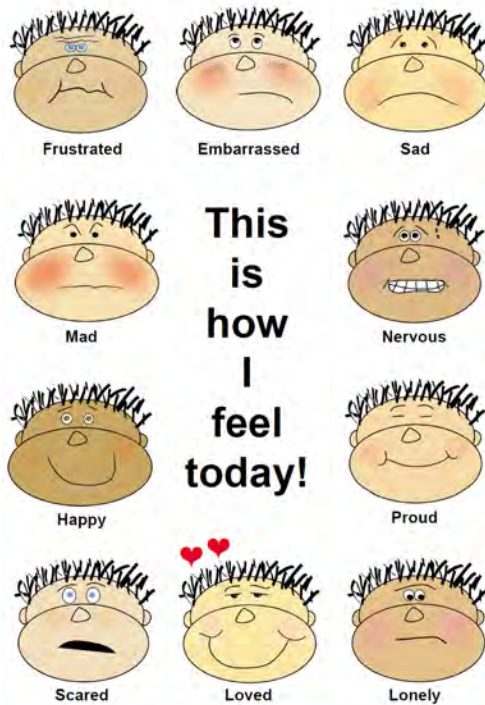
**Conversations help to build a young child's brain.** The ones that you have about feelings will also help them develop important social-emotional skills. Children who can recognize and express their feelings will be better prepared for kindergarten. Here's how to turn these everyday moments into Brain Building moments, too!

## Problem solve.

Help an angry or frustrated child problem solve. Suggest strategies such as taking the next turn, finding another toy, or making a different choice. Role play to practice problem-solving skills. This will help them as they develop friendships and engage in school.

## Talk about feelings.

Use the pictures of faces below to name and understand feelings and the feelings of others. Post it next to a mirror so children can see the expression on their face, or compare it to the pictures of characters in books.



Reproduced from the Center on the Social Emotional Foundations of Early Learning  
<http://csefel.vanderbilt.edu/modules/2006/feelingchart.pdf>



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