



Did You Know?

Did you know that recognizing and identifying emotions are skills your child needs to be ready for kindergarten? The first step in learning how to express emotions in a healthy and appropriate way is when your child can recognize the emotions they are feeling. Identifying the emotions of others helps children to build relationships and become part of the classroom community.

Books about Emotions

Reading books with your child plays an important part in their development. Not only is it a special time for you and your little one to spend together, it also promotes many skills that will help your child learn in school. Visit your local library with your child. Here are some recommendations for books that teach about emotions:

- *What Are You Peeling?* by Saxton Freymann
- *The Way I Feel* by Janan Cain
- *When Sophie Gets Angry--Really, Really Angry* by Molly Bang
- *My Many Colored Days* by Dr. Seuss
- *Knuffle Bunny* by Mo Willems

At Home

Take pictures of family members showing different emotions (angry, sad, happy, excited, or scared). Look at the pictures together and ask what feelings they are seeing. Ask your child to tell you about a time they felt that way.

While You Are Out

In waiting rooms: Describe events that might happen in your child's life. For example, a birthday party or a missing pet. Ask your child how they think they would feel in those situations.

In the car or bus: Sing "If You're Happy and You Know it" with your child. For each verse, change the lyrics to other emotions like mad, sad, scared, or excited. Have your child make a face that shows that emotion and make up an action to go with it. If you are not familiar with the song, check out [Kidsongs](#).

School Readiness Matters

Recognizing and identifying feelings are important social and emotional skills needed for school readiness. Check out the resources listed below for more information about school readiness, what it means, and how you as a parent can support your child.

[School readiness](#)

[Early childhood mental health](#)

[Teaching your child about feelings](#)

[Social emotional development in infants](#)