

# Getting Ready for School

## Helping Your Child Learn About Feelings

Young children need to learn how to identify and use language to express their feelings, how to calm themselves down when feeling strong emotions, and how to recognize what others are feeling. Children who learn these social and emotional skills will be more successful in school and life.

### **Why is this important for school readiness?**

Children start developing their emotions and feelings from birth. By age 4, children can identify and name basic emotions. By age 5, children can identify and name more complex emotions. By age 6, children can identify and name even more complex emotions. By age 7, children can identify and name all basic emotions. By age 8, children can identify and name all complex emotions. By age 9, children can identify and name all emotions. By age 10, children can identify and name all emotions and can understand the reasons behind their feelings.

## **Activities to do with your preschooler:**

Take a trip to the Library: Read Books on Feelings

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