

# Teacher's Guide: Labeling Emotions



## What is This?

This resource will provide families with helpful tips for teaching their infants and toddlers about emotions.



## How Do I Use This?

### 1. Review the resource:

Read the handout and understand the topic of the handout.



### 2. Help families reflect and try:

Send the handout home with families (via newsletter, daily note, email, text, or an app). The handout will help families reflect on how they talk about emotions at home and try new strategies.



### 3. Engage:

Using the poll (attached to this resource), create and post a large visual (e.g., bar graph on a chart paper; using dot markers or stickers to indicate practices) at the entrance of your classroom. Encourage families to participate in the poll during drop-off/pick-up. As families participate in the poll, check in with families about emotions children are familiar with and those they can learn.



### 4. Share:

Take a picture of the completed poll and share the poll results with families through the preferred way of communication! Share with families what emotion words you are going to practice in the classroom based on the poll result!



### 5. Reflect and adjust:

Based on the families' answers to the poll, think about the emotion words that you can try labeling more often in class and specific routines in which you can label and model emotions.



# Daim Ntawv Qhia Rau Tsev neeg: Kom paub cov kev xav hauv lub siab



Tus xeeb ceem yog ib yam es tus menyuam muaj rau ib puag ncig ntawm qhov chaw lawv nyob. Nkag siab txog koj tus menyuam qhov kev xav hauv siab yeej pab tau koj nkag siab zoo dua txog tias vim li cas lawv thiaj li muaj tus yam ntxwv li ntawd. Muaj ntau txoj hauv kev es koj pab tau koj tus menyuam kawm txog qhov lawv xav hauv siab. Peb yeej qhia tau cov tswv yim es koj xyau tau tom tsev rau cov kev sib tham thiab tej yam es nej ua txhua hnuv.

## Sim qhov nov nrog koj tus menyuam!

### Saib



Ua ntej tshaj plaws, ua twb zoo saib koj tus menyuam lub ntsej muag seb nws xav li cas thiab tus yam ntxwv (piv txwv, ua lub ntsej muag ntshaus, npau taws, luag ntxhi).

**Piv txwv 1:** koj tus menyuam muaj kev lom zem heev tom qhov chaw uasi hauv lub zej zog. Koj hais rau koj tus menyuam tias txog caij tawm hauv qhov chaw uasi lawm. Koj tus menyuam ua li cas?

**Piv txwv 2:** koj koj koj tus menyuam mus tom ib tug menyuam lub koom txoos ua kev zoo siab rau lub hnuv yug. Koj pom tau tias ntawd muaj neeg coob heev. Koj tus menyuam xav li cas txog qhov no?

### Piav qhia



ntxiv mus, koj yeej piav qhia tau txog koj tus menyuam qhov nws xav thiab muab qhov kev xav ntawv lo rau qhov es nws xav hauv siab.

**Piv txwv 1:** "kuv pom tias koj lub plhws nce ntshav liab liab. Puas yog koj chim siab? Kuv paub—nws yog ib qho meem txom heev vim tias koj tsis tau xav tawm mus."

**Piv txwv 2:** "koj nyob ntsiag to xwb thiab tuav raws kuv ruaj ruaj. Puas yog tias muaj ntau yam nyob saum koj lub hlwb?" LOS YOG "Kuv pom tias koj xam rau ub rau no thiab luag ntxhi! Nws yog ib qho zoo es ntsib cov tib neeg tshiab, puas yog?"

### Ua tus qauv



Tej zaum koj kuj tham tau txog qhov kev xav hauv siab thiab ua tus qauv qhia kom nws paub qhia tawm txog qhov nws xav hauv siab.

**Piv txwv 1:** "Kuv yeej meem txom thaum kuv yuav tsum tau tawm ntawm qhov kev lom zem mus thiab. Kuv pom tias koj chim rau qhov wb yuav tsum tau tawm mus. Nws yeej tsis ua cas rau qhov es koj chim. Thaum kuv chim, kuv nqus pa thiab tso pa kom kuv ua tau lub siab tus tus."

**Piv txwv 2:** "Kuv yeej xav txog ntau yam saum kuv lub hlwb thaum muaj neeg coob coob thiab nrhoo nrhoo. Thaum kuv xav txog ntau yam saum kuv lub hlwb, kuv nrhiav ib qho chaw kom ntsiag to rau kuv tswj kuv lub siab kom tus tus."

Rov qab xav txog cov yeeb yam piv txwv ntawm no, koj tus menyuam ua li cas rau cov xwm txheej es zoo ib yam li cov nov? Nkag siab txog koj tus menyuam cov cwj pwm (los yog qhov kev xav hauv lub siab thaum muaj tej yam tshwm sim) yeej ua rau koj pab tau koj tus menyuam zoo dua!

## Soj ntsuam saib qhov kev xav hauv lub siab



Thaum lub sij hawm ua tej yam dabtsi, xws li sij hawm noj mov los yog caij pw, siv nug koj tus menyuam seb lawv xav li cas ("Hnuv no koj xav li cas?"). Pab kom lawv paub cov ntsiab lus qhia txog qhov kev xav hauv lub siab yog tias lawv tsis paub piav qhia txog qhov lawv xav hauv siab. Koj yeej nug tau seb lawv ho yuav ua tau dabtsi kom pab tau qhov kev xav hauv lub siab.

Nws yeej tsis ua cas yog tias koj tus menyuam tsis teb koj cov lus nug. Siv muab cov lust eb los teb rau qhov kev xav tias yog cov lus teb ntawm cov menyuam yaus thiab mos ab!

**Thaum lub sij hawm us tej yam dabtsi es koj thiaj li xyau tau qhov no? Ua voj voog rau ib qho thiab siv ua qhov ntawd hnuv no!**

Lub caij no mov    Lub sij hawm uasi    Lub caij pw    Lub caij da dej    tej yam ua txhua hnuv thaum sawv ntxov

# Tej Yam Rau Tsev Neeg Ua Kom Sib Raug Zoo: Kev tawm suab txog “Cov Ntsiab Lus txog kev xav hauv lub siab”

**Muaj pes tsawg lo lus txog qhov kev xav hauv lub siab es koj tus menyuam paub?**

Tso tus ★ rau lo lus xav hauv siab es koj tus menyuam paub.

Koj yeej tso tau ib tug ● rau lo lus es koj tus menyuam yuav tsum tau kawm!



**Me siab**



**Zoo siab**



**Meem txom**



**nkees**



**Tu siab**



**Xav ntau yam**



**Tsis nyiam**



**Lam Hlwb**



**Txaus siab**

Rau qhov kev tawm suab saum huab cua (virtually poll), koj yeej sau ntauv hauv xov rooj, sau email, los yog siv qhov app sib tham hu ua communication app los teb cov lus.