

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.



Qoraalka Qoyska: Magacaabidda Dareenka



Dabeecadda waa habka gaarka ah oo uu ilmaha ku barto uguna falceliyo deegaankiisa. Fahamka noocyada shucuureed ee ilmahaaga waxay kaa caawin kartaa in aad si fiican u fahamto sababta ay ugu dhaqmaan sida ay u dhaqmaan. Waxaa jira siyaabo badan oo ilmahaaga ka caawin karo in uu wax ka barto dareenkiisa. Waxaan kuu soo bandhigi doonaa xeelado aad ku saameyn karto guriga inta lagu jiro isdhexgalka maalinlaha ah iyo jedwalka joogtada ah.

Tan la tijaabi ilmahaaga!

Fiirso



Marka hore, u fiirso tibaaxaha wejiga iyo dhaqdhaqaaqyada ilmahaaga (tusaale ahaan, xanaaq, af-taag, dhoola caddeyn).

Tusaalaha 1-aad: Ilmahaaga wuxuu ku raaxaysanaaya garoonka ciyaarta ee xaafadda. Waxaad u sheegtay ilmahaaga in la joogo wakhtiga garoonka laga bixi lahaa. Sidee ayuu ilmahaaga uga jawaab celiyay?

Tusaalaha 2-aad: Ilmahaaga waxaad keentay xafladda dhalashada ilmo kale. Waxaad arkeysa in saa'id loo buxo ayna joogaan wejiyo badan oo cusub. Sidee ayuu ilmahaaga tan uga falceliyay?

Calaamaday/Magacaw



Marka xigta, waxaad faahfaahin kartaa falcelinta ilmahaaga oo magacaw shucuurta/dareenka ay dareemi karaan.

Tusaalaha 1-aad: "Waxaan arkaa in wejigaaga uu sii gaduudanaayo. Miyaad xanaaqsan tahay? Waa ogahay -waa niyad jab sababto ah marabtid in aad weli baxdo."

Tusaalaha 2-aad: "Waa aamusan tahay aad na waa igu dhagan tahay. Ma niyad jabsan tahay?" AMA "Waxaan ku arkaa adiga oo meelaha fiirinaaya islamarkaana dhoola caddeynaya! Waa wax lagu farxo in lala kulmo dad cusub, miyaanay ahayn?"

MQabee



Waxaad sidoo kale ka hadli kartaa shucuurtaada waxaad na tusaale ka bixin kartaa qaabka aad u muujiso shucuurtaas.

Tusaalaha 1-aad: "Waan xanaaqaa marka aan sidoo kale meel madadaalo ah ka tagaayo. Waan arkaa in aad ka careysan tahay in aan baxno. Xanaaqo waa CAADI. Marka aan xanaaqo, waa neefsada si aan u dago."

Tusaalaha 2-aad: "Waxaan dareemaa culeys marka meel lagu badan yahay oo ayna buuq badan tahay. Marka aan culeys dareemo, waxaan raadsaa meel aamusam oo aan isku dejiyo."

Marka aad dib ugu eegto xaaladahaan, sidee buu ilmahaaga uga jaawabay xaaladaha la midka ah? Fahamka dabeecadda ilmahaaga (ama noocyadiisa shucuureed) waxay kaa caawin kartaa in aad si fiican ilmahaaga wax ugu qabato!

Ka Warqabka Dareenka



Inta lagu jiro jadwalka joogtada ah, sida wakhtiyada cuntada ama wakhtiga jifka, isku day ilmahaaga in aad weydiiso sida ay dareemaayaan ("Sidee dareemaysaa maanta?"). Ka caawi in ay aqoonsadaan kalmad shucureed haddii aysan muujin Karin shucuurtooda. Waxaad sidoo kale weydiin kartaa waxa ay sameyn karaan oo ka caawin karo dareenkaas.

Waa caadi haddii carruurta ka jawaabi waayaan su'aalahaaga. Isku day in aad ku buuxiso waxaad u maleynayso in jawaabta ilmaha socod-baradka ama dhallanka noqon karto!

Howl maalmeedkee howshaan ku tijaabin kartaa? Mid goobaabi oo isku day maanta!

Wakhtiga cuntada Wakhtiga ciyaarta Wakhtiga qubeyska jifka ka hor Jadwalka joogtada ah ee subixi

Howsha Ka Qeybgalka Qoyska: Cod-bixinta “Erayada Shucurta Leh”

Imisa Eray oo Shucureed Ayuu Ilmahaaga Garanaaya?

Xarafka a ★ saar kelmadda shucurta leh oo u ilmahaaga garanaayo.

Waxaad sidoo kale xarafka a saari kartaa ● kelmadda uu ilmahaaga u baahan yahay in uu barto!



Niyad Jabsan



Faraxsan



Niyad jabsan



Daalan



Murugeysan



Laga adkaaday



Karaahiyo



Nastay



Kibir

Haddii aad rabto in aad cod-bixinta ku sameyso qaab online ah, waxaad qoraal, email u diri kartaa, ama waxaad isticmaali kartaa barnaamijka isgaarsiinta si aad uga jawaabto.