



supporting children and families by encouraging a greater understanding and use of emotional language

# LET'S TALK

Second Edition



**TALK**

**TALK**

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## what's all this about?



This book will support you and your family to recognise, understand and name emotions. As a parent/guardian, you can help your child to build their emotional literacy by having lots of conversations that involve talking about how we feel.

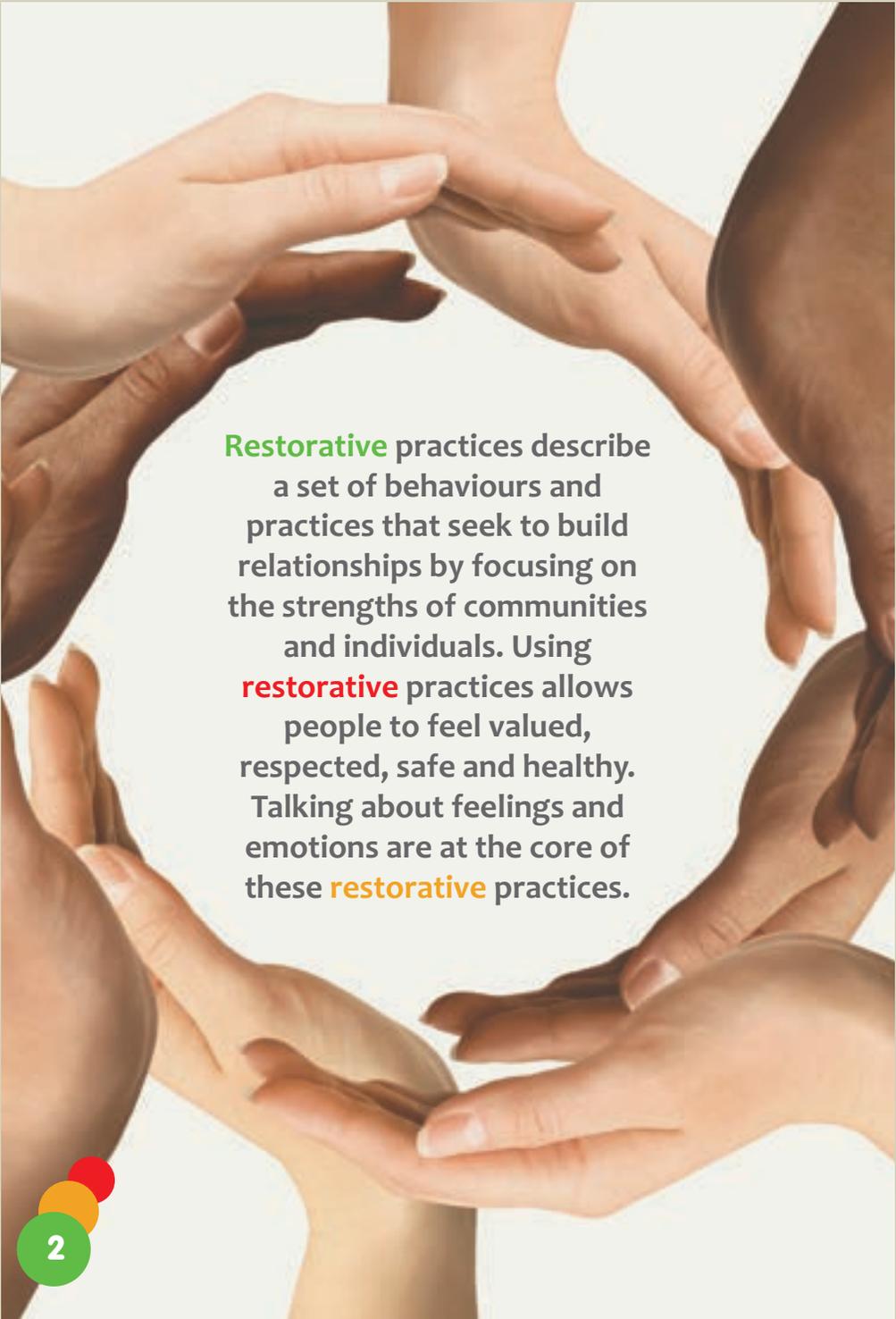
**TALK**

This book helps you to understand emotions through body awareness and will increase the range of feeling words used in the home and community, and create the emotional bonds that tie us all together.

## and that's why...

By encouraging people to understand and express their feelings, using these restorative practices, we can build stronger, healthier relationships.





**Restorative** practices describe a set of behaviours and practices that seek to build relationships by focusing on the strengths of communities and individuals. Using **restorative** practices allows people to feel valued, respected, safe and healthy. Talking about feelings and emotions are at the core of these **restorative** practices.



Children, and sometimes adults, need help in recognising, naming and understanding their feelings.

**Using a traffic light system, with different colours representing different feelings, is a simple way of identifying comfortable and uncomfortable emotions.**

Each page of this book has a 'main' feelings word and a real-life image that shows that feeling. There are also three other words, to extend your child's emotional vocabulary, as well as two additional pages showing the effect of emotions on the body.

**Uncomfortable.**

**When our needs  
are not met**

feelings

**Neutral.**

**When we move from  
one feeling to another**

feelings

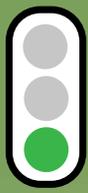
**Comfortable.**

**When our needs  
are met**





**feelings we  
have when our  
needs are met**

 **happy**

**pleased**  
**glad** **delighted**





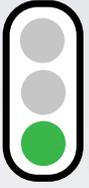
**excited**

**giddy**

**passionate**

**energetic**





**proud**

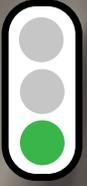
**confident**  
**empowered**  
**safe**





**curious**  
fascinated  
engrossed  
interested





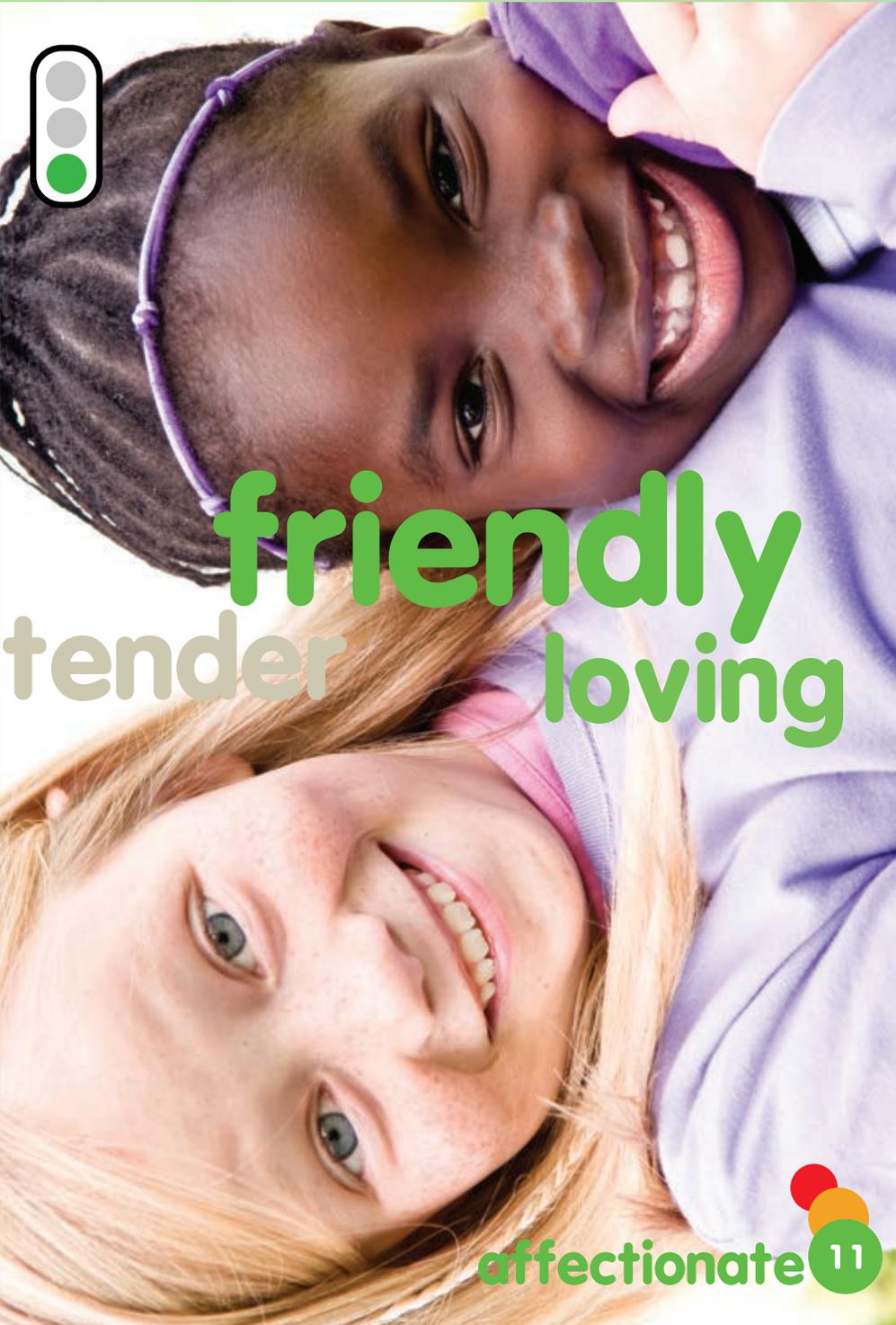
# thankful



grateful  
appreciative  
moved

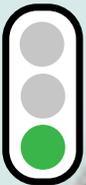


10



friendly  
tender loving

affectionate  11



relaxed  
comfortable  
**content**  
satisfied



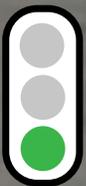


inspired

wonder

amazed

awed

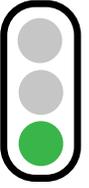


wish

encouraged  
optimistic

hopeful



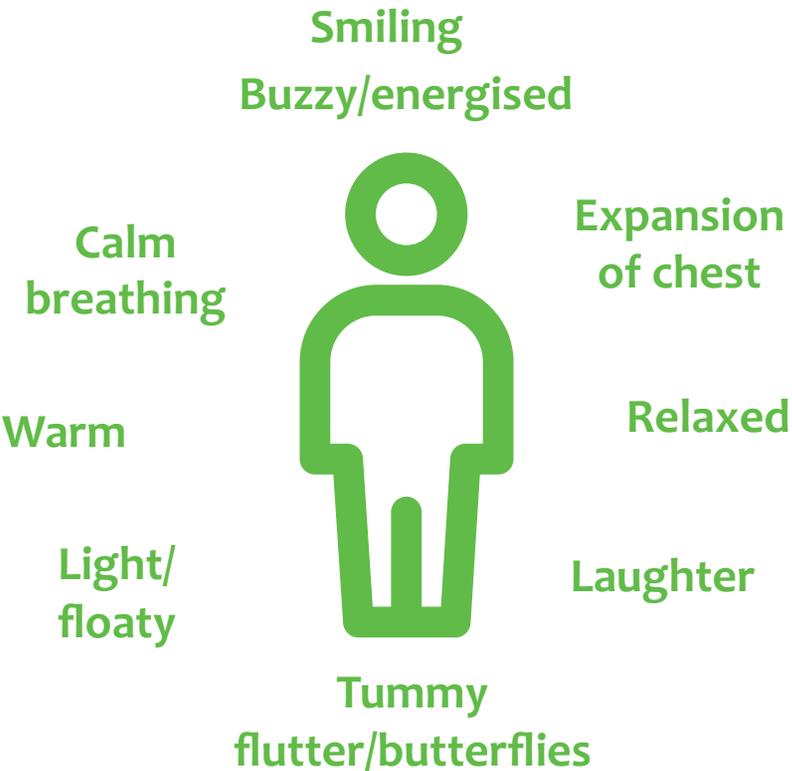


## What do comfortable emotions feel like in your body?

Bringing awareness to your body's sensations can help you to recognise, understand and name your emotions.

### Scan your body

Start with your feet, slowly move up your body until you reach the top of your head. What messages/clues is your body giving you about how you feel?

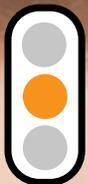




neutral feelings

**Neutral feelings** act like a reset button. These feelings usually only last a short time and move us from one feeling to another. They can move us from a **comfortable** to an **uncomfortable** feeling or from an **uncomfortable** to a **comfortable**. Think of the amber traffic light, it flashes briefly and gets us from one side of the road to the other.

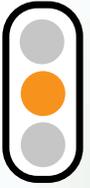




# surprised

taken aback  
unexpected





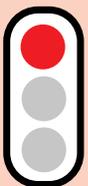
# startled

shocked  
stunned





**feelings we  
have when our  
needs are not  
met**



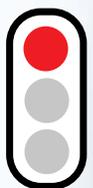
**sad**



**unhappy**

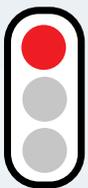
**disappointed**

**gloomy**



# hurt

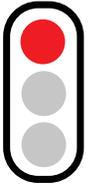
pain  
agony  
miserable



# afraid



**scared** worried  
frightened



# annoyed



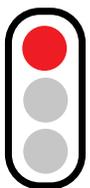
**irritated**

frustrated

**displeased**



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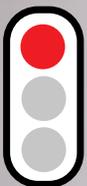
# angry

fuming

livid

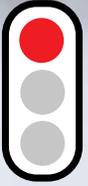
furious





puzzled  
**confused**  
lost  
bewildered





guarded  
vulnerable  
fragile  
insecure



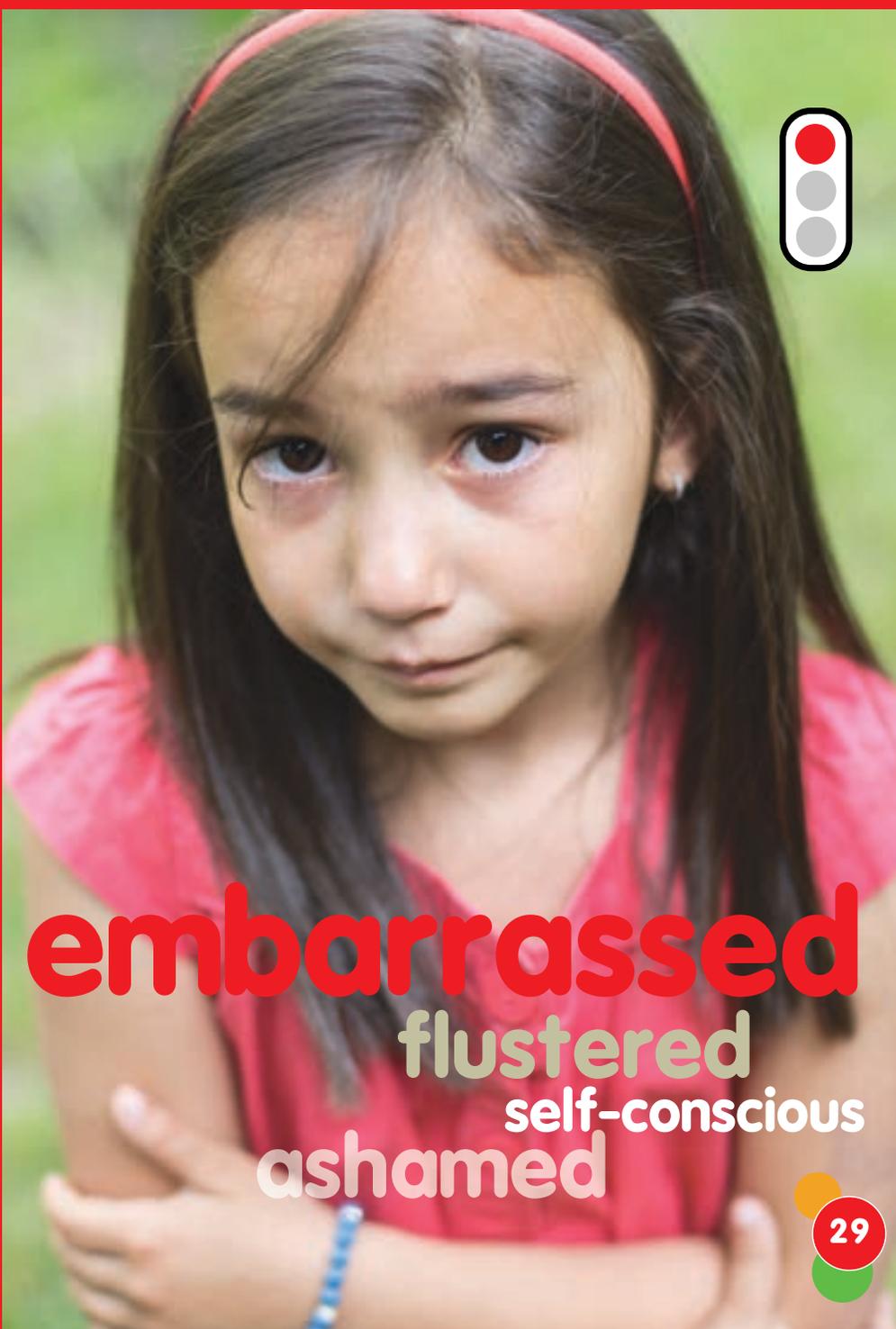
**jealous**

**begrudging**

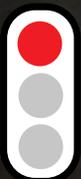
**green-eyed**

**envious**





**embarrassed**  
flustered  
self-conscious  
ashamed

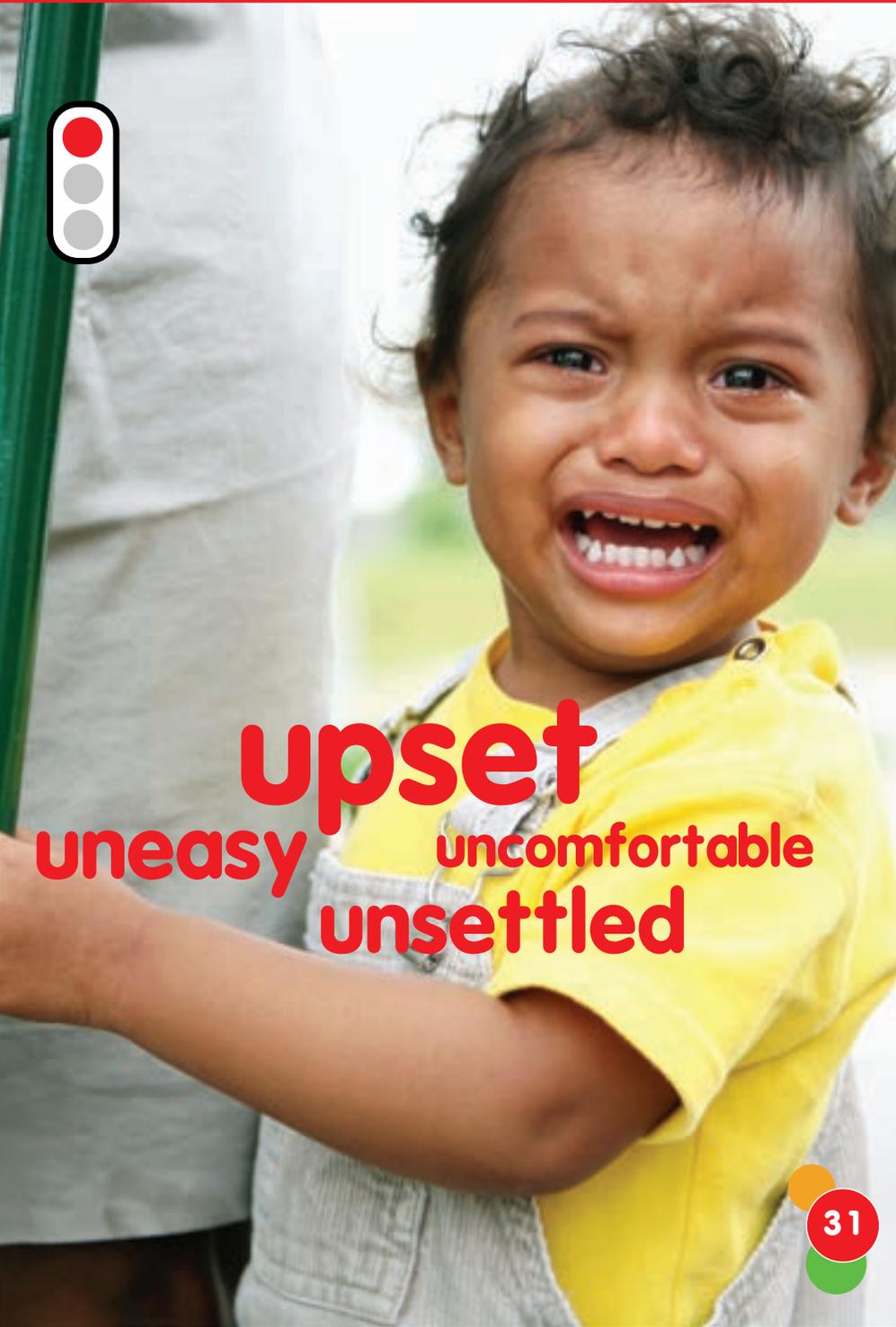
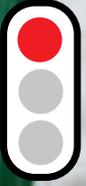


# tired

fatigued  
worn out  
exhausted

30





**upset**  
**uneasy**      **uncomfortable**  
**unsettled**



**anxious**



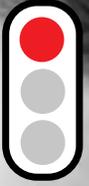
**fidgety**

**stressed out**

**overwhelmed**

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**hate**

detest

dislike

hostile

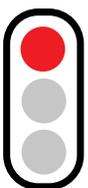




# disgust



**dissmell**  
**revulsion**  
**nausea**



## What do uncomfortable emotions feel like in your body?

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### Scan your body

Start with your feet, slowly move up your body until you reach the top of your head. What messages/clues is your body giving you about how you feel?

#### Tightness (chest/muscles)



# Useful tips when talking about feelings and emotions



## Name the emotion that you are feeling

- You are/ they are feeling happy, sad, frustrated, annoyed, lonely, or mad.

## Describe what happened

- You are feeling happy because Grandad is coming to stay with us.
- You are feeling frustrated because you cannot tie your shoe laces yet.
- You are feeling sad because your friends went home.

## Empathise and explain

- You are feeling happy because Grandad is coming to stay with us. I am too, I am looking forward to seeing him, I miss him.
- I know you are feeling frustrated because you cannot tie your shoe laces yet. It is really difficult; you'll get there soon. Let's try tying them together.
- I'm wondering are you feeling sad? Is it because your friends went home? It's very late and close to bedtime. Why don't we snuggle up and read a story together?

## When you're reading the book use these prompts to help spark a conversation

- I wonder why the child is feeling sad, happy or upset?
- What do you think happened that they felt excited, sad, mad or thankful?
- When have you felt excited, thankful, angry or surprised?
- I was feeling so angry, happy, anxious when I ...



**building**  
**stronger, healthier**  
**relationships**



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This second edition was informed by experiences of children, families and practitioners who used our first edition. It was also inspired by the works of Dr. Silvan Tomkins and Dr. Don Nathanson at *The Tomkins Institute*, and Dr. Marshall B. Rosenberg at *The Center for Nonviolent Communication*.

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# let's talk

Human relationships, especially connections between parents/guardians and children, are at their strongest and their healthiest when everyone is given time and space to express their feelings and emotions.

