



LET'S TALK



TALK

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what's all this about?



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

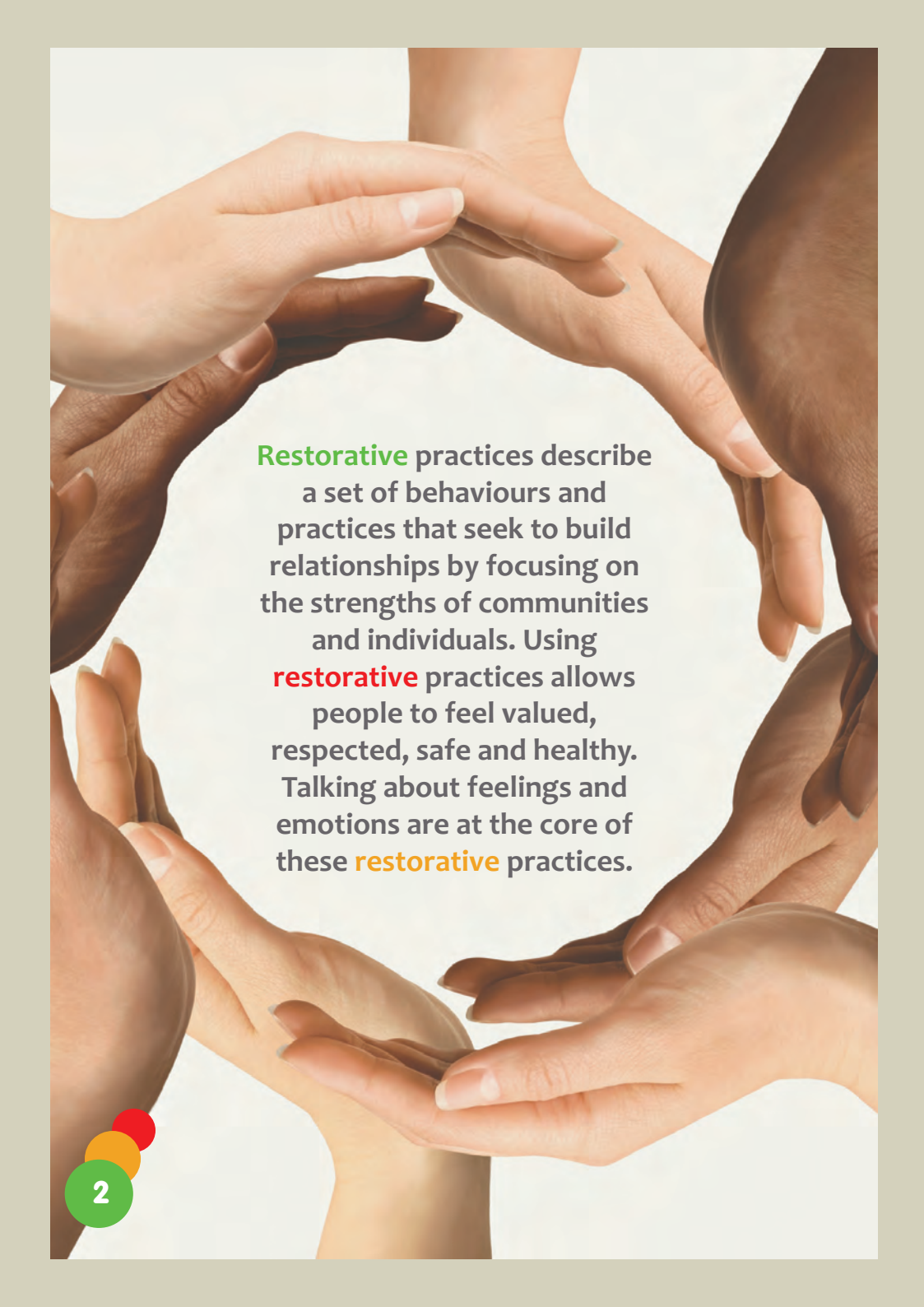
This will increase the range of feelings words used in the home and community, and create the emotional bonds that tie us all together.

TALK

and that's why....

By encouraging people to express their feelings, using these restorative practices, we can build better, 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.



Sometimes children, and adults, need extra help in naming and understanding their feelings.

Using a traffic light system, with different colours representing different feelings, is a simple way of identifying positive and negative 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.

Negative.

When our needs
are not met

Neutral.

When we move from
one feeling to another

Positive.

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



relaxed
comfortable
content
satisfied



inspired

wonder

amazed

awed





wish

encouraged
optimistic

hopeful





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 **positive** to a **negative** feeling or from a **negative** to a **positive**. 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

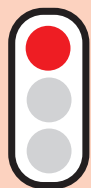


startled

shocked
stunned



feelings we
have when our
needs are not
met



sad

unhappy

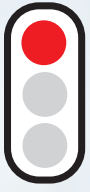
disappointed

gloomy



 hurt

pain
agony
miserable



afraid

scared worried
frightened



annoyed



irritated

frustrated

displeased



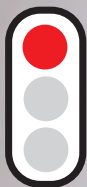


angry

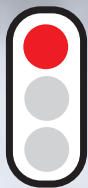
fuming
livid

furious





puzzled
confused
lost
bewildered



guarded
vulnerable
fragile
insecure





jealous

begrudging

green-eyed

envious



embarrassed
flustered
self-conscious
ashamed



fatigued
worn out
exhausted



upset

uneasy

uncomfortable

unsettled



anxious

fidgety
stressed out
overwhelmed





hate

detest

dislike

hostile



building
better, healthier
relationships



This book was informed
and inspired by the works of
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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 and children, are at their best and their healthiest when everyone is given time and space to express their feelings and emotions.



An Roinn Leanaí
agus Gnóthaí Óige
Department of
Children and Youth Affairs



Early Learning Initiative
National College of Ireland

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