

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 a wide range of emotions. By age 7, children can identify and name the emotions of others. By age 8, children can identify and name the emotions of others in different situations. By age 9, children can identify and name the emotions of others in different situations and explain why they are feeling that way. By age 10, children can identify and name the emotions of others in different situations and explain why they are feeling that way.

Activities to do with your preschooler:

Take a trip to the Library: Read Books on Feelings

T