

WHY IS IT IMPORTANT FOR CHILDREN TO LEARN ABOUT FEELINGS?



Children who learn how to manage their feelings:



Get along better with family and friends.



Keep trying even when a task is difficult.



Are better able to stay focused and engaged in learning.



Have higher self-esteem.



Hit, throw tantrums, or withdraw from others.

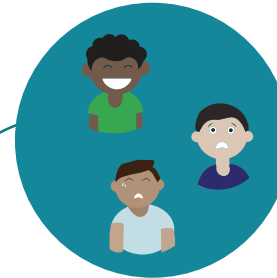


Get teased, get into fights, and get in trouble at school.



Have problems with alcohol or drugs as teenagers.

Pre-K helps children learn how to manage their feelings by:



Learning feeling words, such as happy, sad, and scared.



Recognizing strong feelings in their minds and bodies.



Expressing feelings appropriately.



Finding ways to calm down or feel better, when necessary.