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.

Children who learn how to manage their feelings:

- Get along better with family and friends.
- Have higher self-esteem.
- Keep trying even when a task is difficult.

Children who have NOT yet learned to manage their feelings are more likely to:

- Get teased, get into fights, and get in trouble at school.
- Hit, throw tantrums, or withdraw from others.
- 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.

Why is it important for children to learn about feelings?

- Are better able to stay focused and engaged in learning.
- Keep trying even when a task is difficult.
- Are better able to stay focused and engaged in learning.
- Have higher self-esteem.
- Get along better with family and friends.
- Hit, throw tantrums, or withdraw from others.
- Have problems with alcohol or drugs as teenagers.
- Get teased, get into fights, and get in trouble at school.