

Can you 'teach' emotions?

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Summary: You can *teach* a child how to label emotions, but they can only *learn* what an emotion actually is by experiencing it, being allowed to feel it, and then equating it with the label

- ✓ Cognitive methods such as emotion charts and board games may help children memorize the definition of each emotion, but they are a far cry from children having an understanding of what each emotion feels like
- ✓ The first step to learning emotions is by making room for all emotions, which means not shutting down any of your child's emotional expressions
- ✓ Children learn and develop their emotional awareness within an affective interaction with you when you spontaneously identify emotions experienced by your child or when your child notices emotional expressions in others in the moment
- ✓ Before our children can self-regulate from being emotionally overwhelmed, they learn to co-regulate with their caregiver through mostly non-verbal, affective communication

Link to this blog: <http://affectautism.com/2018/06/18/can-you-teach-emotions/>