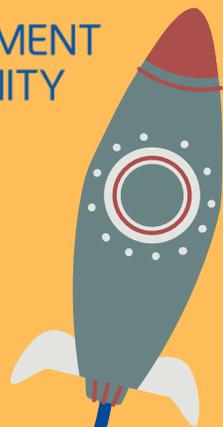


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Towards a
brighter future
for all children



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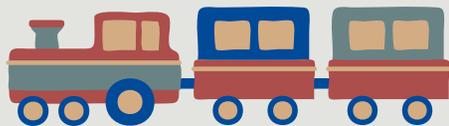
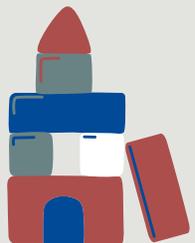
Developing Emotion Awareness through Play

Benefits of Playing with your Infant

Children learn how to express their emotions in early infancy. Through play, infants will develop greater emotional awareness and regulation skills.

- Infants will learn about different emotions.
- Infants will understand why different emotions appear.
- Infants will strengthen their language skills.

Try to play with your child everyday!



Setting up a Play Environment

1. Choose a quiet and clean place or room



2. Select your toys



The Emotion Words Chart

Angry	Anxious	Sad	Confident	Happy	Content
irritated	scared	gloomy	brave	joyful	calm
frustrated	worried	helpless	powerful	love	secure
mad	afraid	guilty	inspired	optimistic	safe
critical	stressed	hurt	curious	energetic	discerning
hurt	shocked	hopeless	strong	valued	balanced
hostile	ashamed	miserable	creative	cheerful	reflective
furious	insecure	drained	powerful	connected	grateful
offended	rejected	bored	energy	excited	trusting
annoyed	uneasy	tired	hopeful	interested	relaxed



Tips on Playing with your Child

- Choose a toy, such as a doll, that can show emotion
- Face your baby.
- Speak to your child using short phrases.
- Use words that describe different emotions.

Examples

- Hi [baby]. Do you see the Teddy Bear? The Teddy Bear is very happy because they like to play with you!
- Hi [baby], Let's play with this dog together. This dog is very excited to have a snack and play ball!"
- "It is raining today. This doll forgot their umbrella. They feel sad."

