Name it so you can tame it! Use these images to help children identify the four core emotions of Happy, Sad, Angry and Scared

**Helps with**

* Self-regulation
* Emotional awareness
* Fussing and fits
* Self-control
* Emotional intelligence
* Social-emotional learning

Children know they feel a way, but do not have the names for how they are feeling. It is important for adults to label feelings and “paint” or model feelings. Learning these important skills help for academic learning later, because once they have the ability to understand/name how they feel, get along with peers and other adults, problem-solve with others when a conflict arises then they are ready social emotionally for academic learning. Without social-emotional intelligence it is hard for the academic piece to happen. This is why social-emotional development and learning is such an important piece in early childhood.