



Expressing Needs

The early years are crucial for your child's development, as it is during this time that they learn about how the world around them works. Along with their new discoveries, they also learn a lot about their feelings and how to express them in the appropriate manner.

Throughout this learning journey, things can get overwhelming for young children who are trying to understand the complexities of emotions. As a result, they may vent their frustrations through emotional outbursts or have a hard time calming down. Although this situation is challenging, it is all part of the child's learning experience in identifying and expressing their emotions.

As teachers, we are instrumental in settling kids for success by encouraging them to express themselves. Here are some simple ways by which we do so:

1. Expressing our own feelings. We start by talking about our own feelings and describe how to best express those feelings.

For e.g.- I was so happy today when I saw you in your pretty dress today.

2. Name the feeling. When we teach the child to name feelings when they occur, the child builds an emotional vocabulary over time and gets to the point where she/ he is able to identify those feelings and talk to us about them. This will then help them learn the basics of expressing their feelings appropriately.

For e.g.- When I eat an apple I feel so..... happy.

3. Teaching kids how to express themselves through the arts. Using art forms is a healthy way to express emotions like sadness, anger, aggression, happiness and excitement. Every kid is unique, so we look for ways to foster the artistic expression that's already within them. Outlets include drawing, music, dance, theater, and crafts.

For e.g.- When we put musical rhymes in the class and one child does not dance, we get to know immediately that he/ she is feeling low.

4. Edu drama for kids is very instrumental in boosting their confidence, as well as to improve their communication and language skills.

Teaching kids how to express themselves is one of the most important life skills we can give them. As Katy Perry so rightly says, "Be yourself and you can be anything." When kids feel comfortable expressing who they are, they can make their dreams come true!

It is important for the child to express his/her needs especially when they are separated from their parents.

Here are few sentences which the child will learn to help express herself/ himself.

1. My name is.....
2. I am a boy/girl.
3. I want to go for washroom.

4. I want to drink water.
5. I am hungry/ thirsty.

We hope you find it useful, please pen down your feedback about the same.

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