

*Expressing Emotions Communicating with Parents*  
*Ages 4-10*

*~ Notes for Parents ~*

*Side #1 and Side #2*

This recording is designed to help very young children, ages 4 to 10, express their emotions. We encourage you to be very involved with your child as they work with this tape. Most of them may not know what an "emotion" is. Therefore, we suggest:

Listen to the recording with your child, stopping at points to discuss what is being talked about.

The recording deals with what emotions are with some basic examples. Help your child expand on those.

Some of the techniques for expressing emotions include drawing a picture of how you feel. It may be helpful to assist your child in making the drawing. It may be helpful to draw pictures of your emotions and then share the meaning with your child.

In the meditation, your child will meet an animal friend and an old man. Encourage your child to tell you about these friends and about what they are learning from them.

Obviously, with smaller children, the major interaction of emotion is going to be with you, the parent. Working with this recording can make the next one a little easier.

*Side #3 and Side #4*

It may be almost as scary for you to have your child tell you what they really feel as it is for them to tell you. Before your child works with this recording, it may be helpful to examine your own fears first.

Listen to the entire recording, including the meditation, with your child.

The difference between "good" and "bad" emotions is briefly talked about. Help your child expand upon this so they really understand. Lazaris and Beky handled this area briefly so that the major input could come from you.

Several of the techniques listed on this recording to express emotions are the same as on Side #1 and #2. Nonetheless, it is valuable to encourage your child to use the techniques as they apply to you.

One of the technique calls for a "Special Delivery" envelope, which is to be used for your child to draw pictures of feelings. This can be used for positive feelings, too. Also, you can use it to send pictures back to your child of your feelings.