



Your turn

Here are some examples of things children say and do. How do you think they might be feeling? Try not to get distracted by their behaviour! This can be REALLY hard to do sometimes but we can deal more effectively with their behaviour AFTER we've acknowledged how they feel. The first one is an example from a parent in one of our classes.

Your child's words or actions	What is s/he feeling?	What can you say?
Stewart aged 5 had a massive tantrum, screaming and shouting for 20 minutes of his 30 minute swimming lesson	Fear Lack of control	His mum felt really cross with him and on the way home said (rather frostily) <i>"You seemed really angry"</i> and then, relenting, she asked <i>"were you frightened?"</i> He said yes, because in the previous lesson the instructor had asked him to swim without goggles. Although she was thinking that didn't excuse the tantrum mum delved deeper and found that Stewart was also nervous about having to converse with new people, especially adults, so he couldn't tell the instructor about his fears. She realised she had been criticising him for his behaviour without understanding how it was for him. With a little descriptive praise he was able to apologise to the instructor at the next lesson and ask to keep his goggles on for a bit longer.
Charlie (4) is building a Lego castle as you are bouncing his baby sister on your knee. Suddenly he howls <i>"I hate Melanie, and I wish she'd never been born!"</i>		
Olivia (6) is watching you get ready for a rare evening out with friends. She's very quiet and suddenly says <i>"I don't want you to go out tonight, it's not fair!"</i>		

<p>Davit (8) is refusing to go to his tennis lesson, the one for which he clamoured for weeks. He says <i>"I'm not going to tennis, there's no point, I never win."</i></p>		
<p>Anastasia (9) is just settling down to sleep when she says <i>"Today in English, Mariam and Jessie were whispering together and writing notes about me. They told Emily that I can't play their skipping game anymore."</i></p>		
<p>Daniel (10) is refusing to come and do his maths homework. It's a subject he struggles with and his marks this term have been poor.</p>		
<p>Ivan (12) has been very sulky and unkind to his brother recently. You and your partner have been discussing his brother's forthcoming birthday outing to the laser range.</p>		