

Module 2 Background Information – All About Emotions

There are _____ universal emotions.

Circle the emotions that are considered to be universal below:

Happiness	Sadness	Disappointment	Fear	Anger	Pride	
Jealousy	Confusion	Surprise	Excitement	Disgust	Silliness	Boredom

Due to lack of impulse control, _____, and egocentricity, young children are often ruled by their emotions.

All children have big emotions. Children with neurodevelopmental disabilities, including PWS, often face additional challenges with coping and building peer relationships when emotions interfere. Fill in the blank for three important emotion-based skills key to harnessing coping skills & building peer relationships.

Emotional understanding: the ability to understand the nature and cause of their emotions.

Emotional expression: the ability to appropriately express emotions.

Emotional regulation: a child's ability to control and regulate their emotions.

Match each example to a skill listed above to help you better understand how these skills are seen in day-to-day life:

_____: A child understands that seeing their favorite teacher or family member makes them feel happy.

_____: A child taking deep breaths when they are feeling angry.

_____: When a child laughs at a funny joke.

PRETEND Parent Training Program
Module 2: All About Emotions

How to Build Emotional Skills:

Step One: _____

1. Adding more emotional words in your own vocabulary & exposing your child to a more diverse set of emotional words.
2. Using an emotion wheel
3. Expressing emotions through situations in pretend play

Step Two: _____

1. Pretend play helps to increase emotional understanding and emotional expression.
2. During play, practice _____ emotions.
3. _____ facial expressions and emotions.
4. _____ cause-and-effect scenarios with emotions. (ex. "He is feeling jealous because his brother won't share his toys.")

The goal of these story stems is to expand your child's emotional understanding and expression by exposing them to a diverse set of emotions.

List an emotion(s) the given story stem may be useful in targeting during play:

*Note: These do not need to be limited to just the universal emotions!

One story stem can be used to convey several emotions, feel free to be creative!

_____	A story about a birthday party
_____	A story about a child's dog running away
_____	A story about a friend who is moving away
_____	A story about sharing a favorite toy
_____	A story about a child's first day of school