



Guiding Young Children's Behavior

Segment 6: Helping Children Identify and Express Emotions

TRANSCRIPT for Objective 1

How Feelings can Influence Children's Behavior

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Host: Let's look first at children's feelings and how they affect their behavior. Young children sometimes have strong feelings that they are unable to understand, name or control. When this happens, children might display inappropriate behavior. For example, a large percentage of children's aggression that you see in the classroom comes from anger, frustration, exhaustion, or sadness. In other words, it comes from feelings they don't know how to express in an appropriate way. Because feelings affect behavior, you should try to determine children's underlying feelings when they behave inappropriately. You should ask: What emotions have led the child to behave in this way? What things trigger such strong emotions? Figuring these things out will help you to prevent challenging behaviors in the future. One way to determine children's underlying feelings is to watch carefully what happens in the classroom and take notes or anecdotal records. You can write down events, behaviors, and expressions of emotions that lead up to and follow a challenging behavior. Sometimes studying children in this way will help you see patterns. One child's aggression may always be on a certain day or time while another child's might be over a certain material or in a specific area of the classroom. This might give you the information you need to help prevent the challenging behavior from occurring again.