



# PREPARING FOR KINDERGARTEN EMOTIONS

## Exploring Emotions

One of the best things we can do for our children is take time to talk about and be there when our children are experiencing different kinds of emotions. [Learn more](#)

## Kindness

[Studies](#) suggest being kind to others positively impacts our own mental health. It can sometimes be hard to see kindness with all that's going on in our world. Being intentional about looking for kindness and being kind can make a big difference for both others and ourselves! [Learn more](#)

## Hard-to-Have Feelings

Cloud teaches us about the hard-to-have feelings of sad and mad. Cloud reminds us that all feelings are OK. We can be sad and mad, but we need to remember it's not OK to hurt anyone when we're feeling that way. [Learn more](#)

## Positive Self Talk

Many children will enter kindergarten brimming with enthusiasm and excitement. For some children, they may find the experience brings up some hard-to-have feelings and unhelpful thoughts. We can't always control our feelings, but [thoughts](#) are something we can intentionally change. [Learn more](#)

## Frustration and Excitement

Hugtopus teaches about frustration and excitement. Children entering school for the first time are learning how to navigate a social environment where waiting to talk and turn taking can be challenging. [Learn more](#)

**Want to learn more? Check out these links!**

[Strategies for Perfectionism](#)

[Helping Children Deal with Big Emotions](#)