

Emotional Regulation In Children

Hi, I'm Ong Hui Ying, a final year graphic design student from INTI International College Subang. I would like to invite you to participate in a research study which aims at collecting data for my Graduation Project.

Understanding and controlling your emotions, as well as how you experience and express them, is known as emotional regulation. It is important for caregivers to start teaching children about emotions at a young age, as neuroscientific advances show that the period between birth and five constitutes a crucial time for both learning and teaching, which must include the development of emotional competence and the growth of self-regulation. Hence, the goal of this survey is to find out how caregivers or early childhood educators are educating children ages 3-6 about emotions.

If you have any questions, please do not hesitate to email me J20032989@student.newinti.edu.my. All of your responses will be used for research purposes only. Thank you so much for your time.

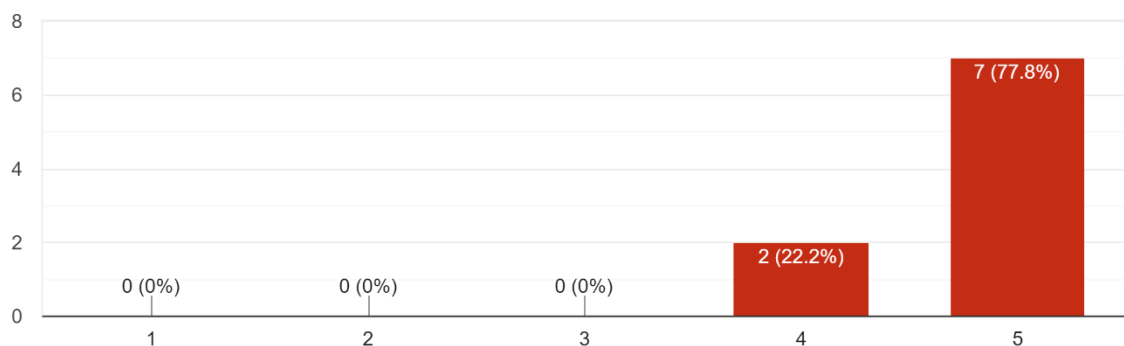
Section 1 : Teaching Emotions / Feelings to Kids

On a scale from 1 (strongly disagree) to 5 (strongly agree), how much do you disagree or agree to the following statements.

1. I think it's crucial that children learn to identify, understand, as well as learn how to manage and express their emotions.

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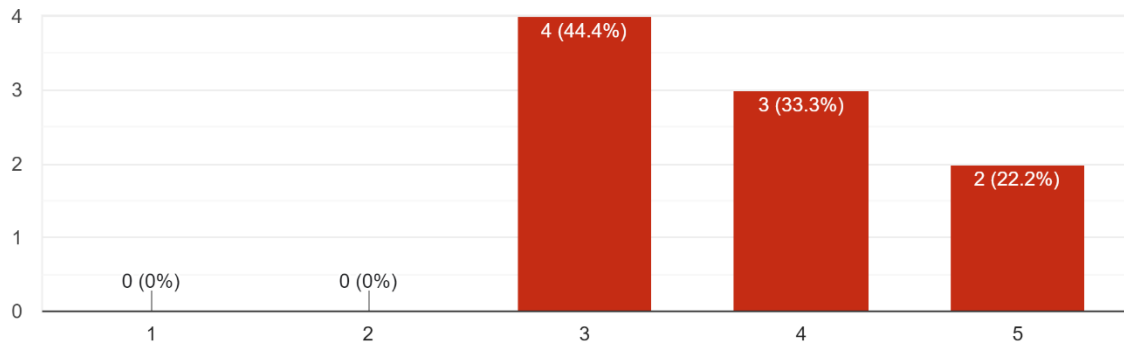
9 responses



2. As caregivers/ early childhood educators, I've read books, articles, or attended training about children's emotional regulation.

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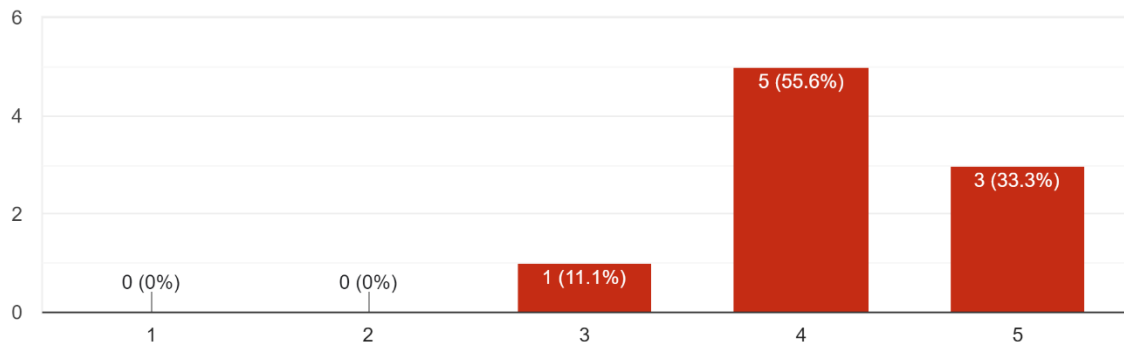
9 responses



3. I began educating children about emotions since they were very little.

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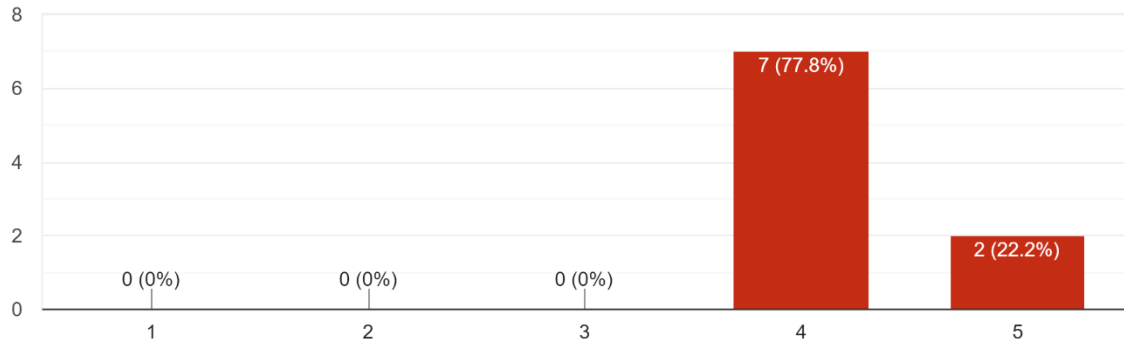
9 responses



4. My child/my students are able to label emotions.

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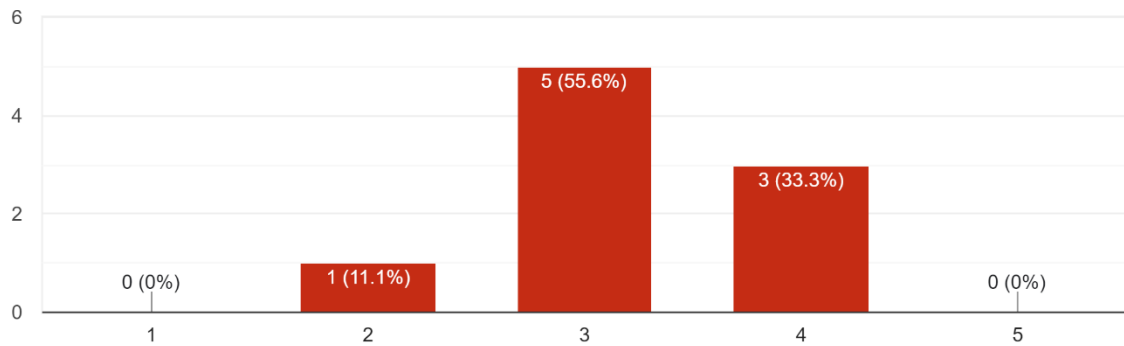
9 responses



5. My child/my students are able to express and communicate their emotions by speaking calmly or in appropriate ways.

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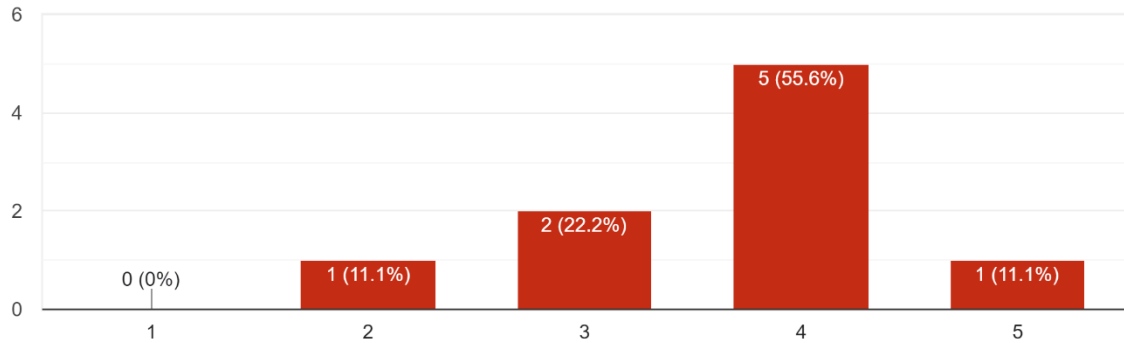
9 responses



6. When kids experience emotions, I explain to them why they are feeling that way.

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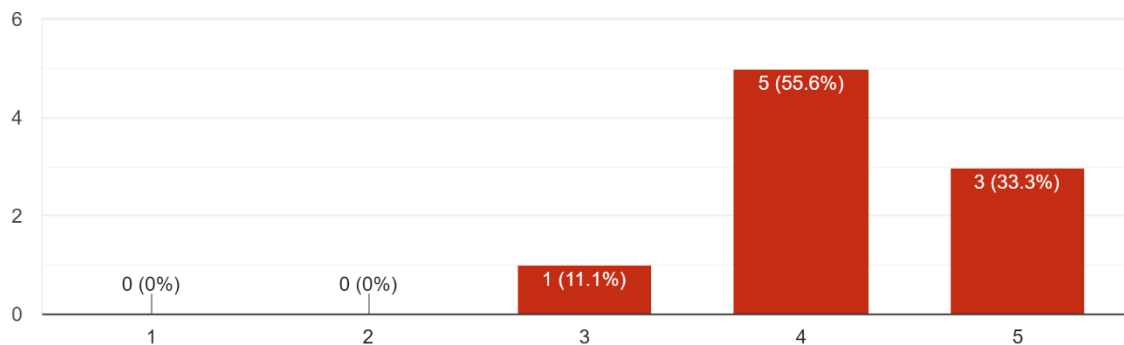
9 responses



7. I talked and discussed with my child/my students about different ways of managing their emotions.

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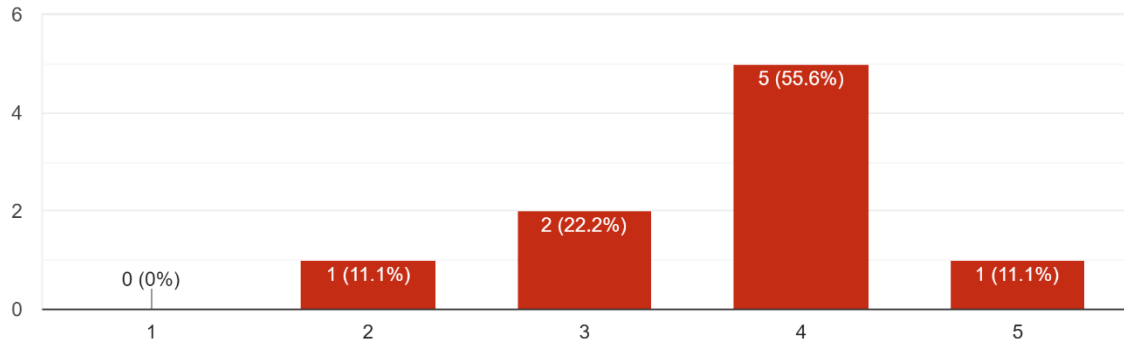
9 responses



8. Teaching children about emotions was challenging for me.

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9 responses



Section 2 : Feelings and Emotions in Different Scenarios

Respond to the questions based on your personal experiences.

9. What kind of situations make kids feel SAD? Give an example.

e.g. When their ice cream fell on the floor.

When they cannot have more food for meal (because they still have milk to drink later)

They can't buy things they like

cannot get as per wish

When I scold them

When they don't get to play with their favorite toys

No reaction

Talking about death or war

They don't get what they really want.

When their friends or siblings don't want to play the same game as them

10. What kind of situations make kids feel SHY? Give an example.

e.g. When they meet new friends.

When they meet new teachers

Meet new friends

present weakness

When requesting things from teacher

When they go to a new school

Quite

Meeting new people, speaking in public

When you catch them doing something embarrassing.

Being in a new environment.

11. What kind of situations make kids feel BORED? Give an example.

e.g. Nobody's playing with them.

When they repeatedly seeing the teacher uses the same teaching aid

Doing the same things

cannot understand the conversation

Not allow them to watch tv

Homework time

Restless

When they can't play with the toys they want at the moment or watch/play with devices

Having same toys

When they are not given the chance to speak.

12. What kind of situations make kids feel TIRED? Give an example.

e.g. After playing all day.

When the children got to physical activities the whole day

Nothing to do

over study

Asking them to study spelling

After a day at the water park

Cranky

Walking in malls, tidying up (immediately tired), sports, playing all day with no nap

Too much play

When they do not get enough rest/sleep.

13. What kind of situations make kids feel HAPPY? Give an example.

e.g. When mummy bought them a new toy.

When they got to work with new teaching aids

When they got new toys

get what they wish

Cook nice food for them

When they celebrate their birthday

Smile

Ice cream, hugs, spending time with family, new toys, free gifts from the app, recognition

Getting a new toy

When their friend shares something with them

14. What kind of situations make kids feel CALM? Give an example.

e.g. When listening to some soothing music.

When they are at a quiet room

Playing games

feel being cared

When they watch tv

When they snuggle in the arms of their loving parents

In control

Listening to soothing music and sound of waves, praying, breathing exercises

Watching a favourite tv show

Their parent or teacher is reassuring.

15. What kind of situations make kids feel PROUD? Give an example.

e.g. When someone tells them their painting is beautiful.

When they listen to teacher's praise

Keep encouraging them

achieved challenging task

When telling them they did a good job

When they score 100 in their test

Smile and share with me

Recognition for their work and efforts, acknowledging their help in the home

When you praise them

Showing their friends something new they have received.

16. What kind of situations make kids feel RELAXED? Give an example.

e.g. When they going out for walk.

When they are out for playground play

Sleeping

their own time

Bring them for staycation

When they take long car ride

Behave

Cuddling in bed, movie nights, holidays, long brunch, walks in the park

Going for a walk

Doing a relaxing activity like painting or reading

17. What kind of situations make kids feel EXCITED? Give an example.

e.g. When their birthday is coming.

When they got to go outdoor

Birthday

expose to new thing

Play together with father

When they go on a trip

Jumping

Holidays and birthdays and celebrations coming up. Promises of Mcdonalds, ice cream, treats

Going out

When they are promised a reward.

18. What kind of situations make kids feel FRUSTRATED? Give an example.

e.g. When being hungry.

When they repeatedly do the same thing but fail

Forcing them

cannot be understood by others

Keeps telling him his spelling is wronged

When they can't seem to put on their sock correctly

Sour

Not having a nap, reminders to tidy up or do homework, not being listened to, attention paid to another sibling, hangry

When you wake them up for school

When their friends laugh or tease them

19. What kind of situations make kids feel WORRIED? Give an example.

e.g. When daddy is sick.

When they have made a mistake

Sick

when they cannot manage the situations

No snack if cannot finish homework

When they learn to cycle the first time

Holding my hand

When family is sick, watching the news

When parents are not back home

When a relative or pet is sick.

20. What kind of situations make kids feel ANXIOUS? Give an example.

e.g. When it's the first day of school.

When they have made a mistake and he or she is standing in front of the fierce teacher

First day of school

being scolded.

I don't think 6 years old know to differentiate worry and anxious

When they lost their favorite pillow

Bubbling

Exams, new scenarios, new environments

Being left alone at school

When they did something wrong and know they will get reprimanded

21. What kind of situations make kids feel ANGRY? Give an example.

e.g. When someone ruined their painting.

When someone take away his or her materials

Scolded them

not being trusted

Fighting with sibling

When things get taken away without warning

Fighting

Snatching toys, not sharing, someone took their stuff without permission

When someone damages their toys

When their candy or item is taken away by another kid.

22. What kind of situations make kids feel SCARED? Give an example.

e.g. When there is thunder.

When there is a fireworks

Dogs

when nightmare

Didn't on the night light while he sleep

When a dog bark at them

Haunted movie

Rotan, animals eith shsrp teeth, thunder,

Any scary animals

Loud sudden sounds. Especially yelling from parent or teacher

23. What kind of situations make kids feel UPSET? Give an example.

e.g. When being ignored.

When the friends or teachers ignoring them

Ignored

when being ignored

Not giving him snack when not finish his meal

When they miss their parents

Scolded

Friends ignoring them, quarrels with sister, lack of attention

When you don't respond to their questions

When they think their family or friends don't like them

24. What kind of situations make kids feel DISGUSTED? Give an example.

e.g. When they saw a worm in the apple.

When they saw a caterpillar on a leaf

-

when mummy mumbling

Something sticky

When they see green veggies

Toilet dirty

Vomit, lots of odd looking animals

When their hands get sticky

Seeing another kid dig their nose

Section 3 : Managing Emotions

25. What would you do to help your child/students manage their emotions when they are angry? Give 1-2 examples.

e.g. breathing exercises

Take them away from the crowd to a quiet place

Give them things they like

take a breath

Sit him down, eye level, talk to him nicely

Count to 30 slowly

Sports

Breathing exercises, give them space to vent

Getting them into the shower

Breathe and explain why they are angry and that it is normal

26. What would you do to help your child/students manage their emotions when they are sad? Give 1-2 examples.

e.g. take them for a walk

Provide physical hug and explain to them

Help and ask what happened

bring them to walk

Sit him down, eye level, talk to him nicely

Give them a hug

Solah

Talk to them, hugs

Go out

Separate them from other students and walk them through their emotions.

27. What would you do to help your child/students manage their emotions when they are anxious? Give 1-2 examples.

e.g. listen to music

Physical hug and soft patting their backs

Encourage them

hug them

Sit him down, eye level, talk to him nicely

Hold their hand and assure them that you're here to help

Quran

Pray, talk it over

Give a hug and say supportive words

Breathe into a paper bag. Look out at the trees and leaves until they are calm enough to talk