

How Sadness May Present in Our Children During COVID-19



We are all experiencing intense emotions which can be difficult to express, especially for your children who are still developing those skills. Therefore, basic emotions may look differently than we expect.

Recognizing what emotions are being displayed may help you coordinate a more successful response, and give you a teaching moment for helping them express those feelings in the future.

Source: Psychology Today 2020

Anger



may look like an annoyance with the world or elements in it

"This stupid remote doesn't work!"

Resistance

trying to get power and control in a world that feels out of control



"I'm not doing four math pages; I'm only doing one!"

Displaced Frustration



being frustrated at the situation, but taking it out on something entirely different

"I didn't want pasta for dinner, I wanted tacos!"

Roughhousing

taking out feelings in a physical way



Example - playing too rough with a younger sibling

Boredom



being unfamiliar with managing times of low stimulus and having trouble self-directing

"I'm bored" (often code for "I'm sad")

Tiredness or Numbness



checking out, wanting to sleep, zoning out to TV, or "vegging out" on electronics, etc.

"I don't want to go for a walk! I'm tired!"

When responding to emotions, it is helpful to learn how to "hold space" for someone. "Holding space" means supporting someone without trying to cheer them up, give advice, or talk them out of what they're feeling. It involves listening with an open heart and staying grounded and compassionate while someone shares.

