

Working with the emotions: the use of the *emotionary*

In the currently practice of the psychology, the role the emotions is becoming more and more essential, to the point of being one of the key elements of the cognitive-behavioural therapy. Maybe, one of the most important contributions of the cognitive paradigm to the prior hegemonic behavioural therapy was the insertion of the emotions, the necessity of taking them into consideration, and the subsequent realization of its fundamental role. Because, as Skinner added to the prior work of Pavlov, the organism is essential for the response to a stimulus. Thus, it would be a huge mistake to forget that those organisms are very usually ruled by their emotions, more often even than sometimes we would like to. So, as we widely accept nowadays in the modern practice of psychology, emotions must be taken into consideration in almost every treatment. But a fundamental question arises from it: who could we develop such task? Usually, when working with adults we can establish a dialogue for explaining the emotions, its functions, its characteristics, how to deal with them etc. But not so often is so easy to perform that labor when we are facing a very special and marvelous group of population: children.

In the following links, we offer a wide selection of very diverse material for working the emotions in this very special group of population. These materials are full of visual contents and games, with which infants can train themselves in the acknowledging of emotions, its regulation and its specific functions. All the content in those websites is completely free-accessible, and, although thought for children, can also be used with adults with special requirements or as supportive material for adults, because, as it is commonly said: “Let out the child inside you!”

English

<http://www.childfun.com/themes/people/feelings/>

<http://www.therapistaid.com/therapy-worksheets/emotions/children>

http://www.dannypetry.com/ebook_emotions.pdf (adultos)

<http://www.agendaweb.org/vocabulary/feelings-emotions-exercises.html>

<https://self-regulationintheclassroom.wikispaces.com/Games+and+Exercises>

<http://www.giftofcuriosity.com/4-activities-for-teaching-kids-about-feelings/>

http://busyteacher.org/classroom_activities-vocabulary/feelings_and_emotions-worksheets/

<http://www.livestrong.com/article/78353-kids-control-emotions/> (más de divulgación)

<https://skinnurse.wordpress.com/2015/05/16/the-pie-approach-to-helping-kids-manage-emotions/>

Spanish

<http://www.racoinfantil.com/fichas-y-materiales/las-emociones/> (muy bueno con enlaces a pdf descargables gratis)

<http://www.desarrollodeltalento.com/2014/educacion-emocional-6-actividades-para-despertar-la-conciencia-emocional-en-los-ninos>

<http://blog.tiching.com/15-geniales-recursos-para-trabajar-la-educacion-emocional/>

http://www.csi-csif.es/andalucia/modules/mod_ense/revista/pdf/Numero_33/MARIEM_DRIS_2.pdf

<http://es.slideshare.net/peinado74/actividades-reconocimiento-emociones-educacion-infantil-16033727>