बहन की आँखों में –स्नेह
अमीर की आँखों में –घमंड
गरीब की आँखों में –आशा
मित्र की आँखों में –सहयोग
दुश्मन की आँखों में –बदला
सज्जन की आँखों में –दया

शिष्य की आँखों में –आदर

शेखर कुमार, वर्ग VI

मेहमान का पन्ना

TEACH CHILDREN TO TALK ABOUT THEIR FEELINGS

Dr. Shyama Chona, New Delhi

Two
1997 and Founder President of Tamana
Padam Sri 1999, Padma Bhushan 2008

Young children don't spend a lot of me prodering the deep mysteries like ' who am I ? or ' What is the meaning of my life?' Yet in their own way, they are trying to understand who they are.

The road to self-knowledge is to understand your emo knowing that you are feeling angry, sad, happy or a mix of all these, is the way you come to know yourself - what you deeply care about, what frightens or delights you. The be er you know yourself, the more rewarding and profound the rela you will be able to build with others.

People who have never been taught to understand their emo may go through life without a clue as to what they are really feeling.The way to prevent your children from growing up to be out of touch with themselves is to help them to come to grips with what they are feeling from the they are small. Although children are very emo being in tune with their feelings doesn't necessarily come naturally to them. Most cannot verbally express the feeling behind the outburst or the sudden impulse to throw a punch unless someone offers guidance. They need a calm, understanding adult to label the emo for them. So when your child hits you, it is best to say, 'I can see you're angry'. When he cries, you say empha ally.'Oh, you're feeling sad'. Helping your child put words to his feeling in this way won't just help him understand his emo but eventually to control them when necessary. A child who is awash in an emo may mistakenly experience the feeling as an extension of himself - as his iden . In other words, your child when he is in a rage because he can't have another coke is not necessarily aware that he is experiencing anger. Instead, he becomes angry. Simply by giving him a word to explain what he is experiencing you make anger something that is separate from him; something that he can begin to control. Your goal isn't just to help your child iden y his feelings, but to guide him towards accep them. One of the most important lessons you can teach a child is that having feelings - even nasty ones - doesn't make you 'bad'. When you let a child know that his nega ve or uncomfortable feelings are acceptable, what you are really saying is that he is acceptable to you even when he is feeling furious, scared or sad. By ge ng this emo carte blanche from an understanding parent, a child comes to see himself as acceptable.This makes posi e growth and change easier.

The more children learn to talk about their anger, the less need they will have to act it out. They come to understand that there is a difference between feeling something - which is always okay - and doing something, which may not be. It takes a long and increased maturity, before children learn to always talk instead of act. But the job of the parents is to con guide them along in this process.

There are also parents who tend to deny or dismiss a child's nega e emo because they so desperately want to eradicate all painful experiences from their child's life. So when your child says, 'I am scared'. You say, 'No, you are not - there is nothing to be scared of'. Or when he says, 'I am sad', you say, 'Oh, no, no, it is a happy day!' Though well inten oned, it amounts to emo brainwashing. It can leave a young child with the sense that what he thinks and feels is not what he's feeling. This hampers his self-understanding. He might have come to believe that what he is feeling is not okay with his parents. He may think that nobody in the world understands him. A childhood full of this approach will rob children of the opportunity to really understand themselves.

Thanks to the progressive teacher