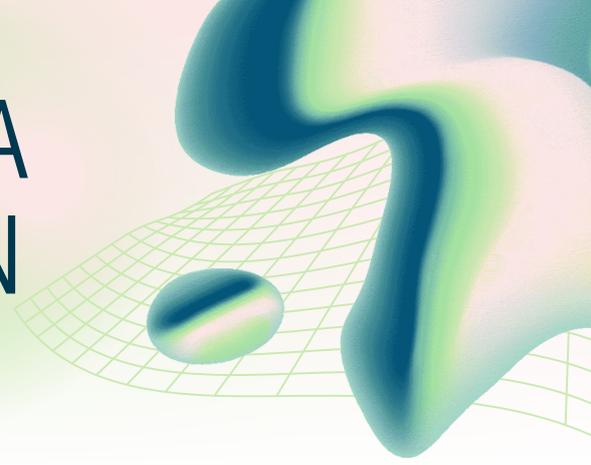


# EMOTIONS IN IRISH: A GUIDE FOR CHILDREN

EQ tips for ages 2-6 included.



Dia duit! Learning about feelings is super important! Let's explore some common emotions little ones feel, along with their Irish translations, and some tips to manage them like a wee champion. Táimid chun spraoi a bheith againn! We're going to have fun!

## Happy / Sona

😊 Sona

When you're *sona*, you feel good inside! Maybe you're playing with your toys, eating your favorite snack, or getting a big hug! It's like finding a pot of gold at the end of the rainbow!

**EQ Tip:** Share your *sonas* with others! Tell someone what makes you happy or give them a smile. Spreading joy is like magic!

## Sad / Brónach

😞 Brónach

Feeling *brónach* is okay too. It means you're a little down. Maybe you miss someone, or you didn't get what you wanted. Even leprechauns get the blues sometimes!

**EQ Tip:** Talk about your *brón* with a grown-up. A hug from Mamó or Daideo can make everything feel a little better. Listening to Irish music can also help lift your spirits!

## Angry / Feargach

😡 Feargach

Being *feargach* means you're really mad! Maybe someone took your toy, or you can't do something you want to. It's like a storm cloud brewing!

**EQ Tip:** When you feel *feargach*, take a deep breath like you're smelling a field of shamrocks! You can also stomp your feet like a little Irish dancer to get the *fearg* out.

## Afraid / Eaglach

 Eaglach

Feeling *eaglach* means you're afraid. Maybe it's dark, or you hear a strange noise. Even brave Irish warriors get spooked sometimes!

**EQ Tip:** Hold onto something special, like your favorite teddy bear, or ask a grown-up to stay with you. Singing a happy Irish song can also chase away the *eagla*.

## Surprised / Iontach

 Iontach

Being *iontach* means you didn't expect something! It can be good or bad, like a surprise party or a loud bang.

**EQ Tip:** Take a moment to understand if the surprise is a positive or negative one. If it is overwhelming it's okay to ask for a moments space to take it all in.

## Jealous / Éad

 Éad

Feeling *éad* means you want what someone else has. Maybe your friend has a cooler toy, or gets more attention.

**EQ Tip:** Remember what *you* have that makes you special. Focus on your own gifts and talents instead of what others have.

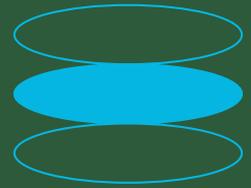
## Next Steps

Keep practicing these Irish words for your feelings. The more you know about your emotions, the better you'll be at managing them. Go n-éirí leat! (Good luck!)



# EMOTIONS IN IRISH: A GUIDE FOR PARENTS

Supporting emotional growth in young children



Fáilte! Welcome to a fun way to explore emotions in both English and Irish. This guide is designed to help children aged 2-6 understand and express their feelings, with a little help from their parents (Tuismitheoirí).

Let's go on an emotional adventure!

## Happy / Sona

- **Happy:** Sona
- **Joyful:** Lúcháireach
- **Cheerful:** Croíúil

**EQ Tip:** When your child says they are 'sona', celebrate with them! Ask them: *"What made you so sona today?"* This helps them connect their feelings with specific events. Maybe they played with a leprechaun 🍀 (leipreachán)!

## Sad / Brónach

- **Sad:** Brónach
- **Upset:** Trína chéile
- **Tearful:** Ag gol

**EQ Tip:** If your child is 'brónach', acknowledge their feelings. Say something like: *"I can see you're brónach. It's okay to feel brónach sometimes."* Offer a comforting hug like a warm Irish wool blanket.



## Angry / Feargach

- **Angry:** Feargach
- **Mad:** Ar buile
- **Frustrated:** Frustrach

**EQ Tip:** When your child is 'feargach', help them find a safe way to express their anger. You could say: *"I see you're feargach. Let's take some deep breaths together, like a big friendly Irish wolfhound."* 🐕 Model appropriate behavior and never tolerate physical outbursts.

## Scared / Scanraithe

- **Scared:** Scanraithe
- **Afraid:** Eaglach
- **Nervous:** Neirbhíseach

**EQ Tip:** If your child is 'scanraithe', reassure them and validate their fears. Say something like: *"It's okay to be scanraithe. What are you eaglach of? Let's talk about it, and maybe we can find some brave Irish fairies to help us!" ✨ (sióga)*

## Surprised / Iontach

- **Surprised:** Iontach
- **Amazed:** Faoi dhraíocht
- **Shocked:** Croíbhriste

**EQ Tip:** When your child is 'iontach', share in their excitement! Surprise them with something small like a traditional Irish sweet, *"relish the moment and shout go raibh maith agat."*

## Conclusion – Conclúid

Learning about emotions is a journey, not a destination. Keep exploring these feelings with your child, both in English and Irish. By helping them understand and express themselves, you're giving them valuable tools for life. Go n-éirí leat! (Good luck!)