

The Story of Spanish

January 2026



¡Hola! Learning About Feelings and Emotions in Spanish

Exploring emotions at this age supports children's social-emotional development by helping children recognize their own feelings and respond appropriately to the emotions of others. Integrating Spanish into this learning experience also encourages language awareness and cultural appreciation in a meaningful and engaging way.

Through songs, stories, games, pictures, body language, and daily conversations, the children are learning how to name, ask, and talk about how they feel using Spanish vocabulary such as **feliz** (happy), **triste** (sad), **enojado/a** (angry), **emocionado/a** (excited), **muy bien** (I'm very good), **no muy bien** (I'm not well), **más o menos** (so-so), and **súper bien** (I'm super good).

Teaching emotions in Spanish to bilingual children is crucial because it provides them with the tools for full self-expression, strengthens emotional intelligence and resilience in both languages and prevents frustration. This also builds social communication and empathy, enhances cognitive development (problem-solving), and fosters greater cultural openness.

The Children are showing growing confidence as they practice new vocabulary and express their emotions throughout the day.

You can support learning at home by asking your child how they are feeling in Spanish ¿Cómo te sientes? Or ¿Cómo estás? And practice the emotions words together.

Warmly,

Señora Lopez