

Learning About, Expressing, and Managing Emotions

Vignette 1

Lei, mother of twin sons, found her home visitor, Heather, to be very loud. Her voice seemed to take up the whole room. Heather, on the other hand, always commented to her colleagues about how quiet Lei was. During a staff meeting Heather shared, “She barely talks above a whisper and I can never tell what she is feeling or thinking. You wouldn’t believe how quiet that apartment is. You’d never guess two toddlers live there.” (Day & Parlakian, 2004).

Question 1: What might be Lei’s experience concerning expressing and regulating emotions?

Question 2: What might the twin’s experiences be with regard to expressing and regulating emotions? Would it necessarily be the same for both?

Question 3: How might the twins behave in school in regard to

- Management of emotions
- Animation or intensity of emotions
- Volume of speech
- Expression of emotions

Question 4: Might the twins behave differently from each other or different at home and school? Some things to consider: The twins seem to be in a home environment where the mom, at least, values quiet and calm. We don’t know anything about the father or other members of the family who might live with them. It would be interesting to see, for example, how the twins behave with babysitters or others in the home.