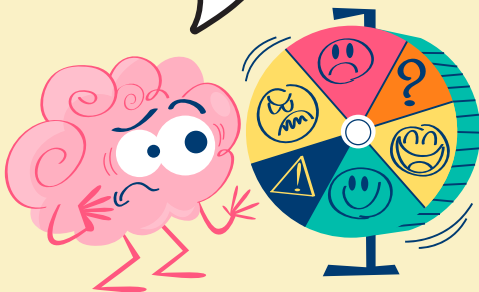


# Emotional Literacy and Expression

**Emotional Literacy is the ability to identify, understand, and respond to emotions in oneself.**

**How can we build emotional literacy in our every day lives?**

**What is emotional literacy?**

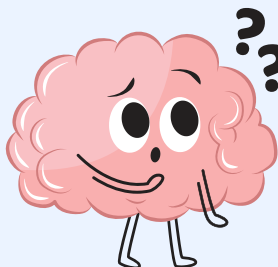


- 1 Think about and label our own emotions in real time. "I feel excited when it's my turn in the game!"
- 2 Sing songs to familiarize child with emotional words. Daniel Tiger's Mad Song, "If you're Happy..."
- 3 Give space and time for your child's emotions so they know it is okay to express themselves.
- 4 Practice patience while children are experiencing big emotions they are starting to understand.
- 5 Use books and TV shows to talk about characters' feelings and how those feelings can influence their actions. "Look at his eyes, they're open wide, I think he feels surprised!"

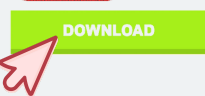
**Healthy Expression can build**

- 1 stronger relationships
- 2 communication skills
- 3 emotional well-being
- 4 self awareness
- 5 empathy skills

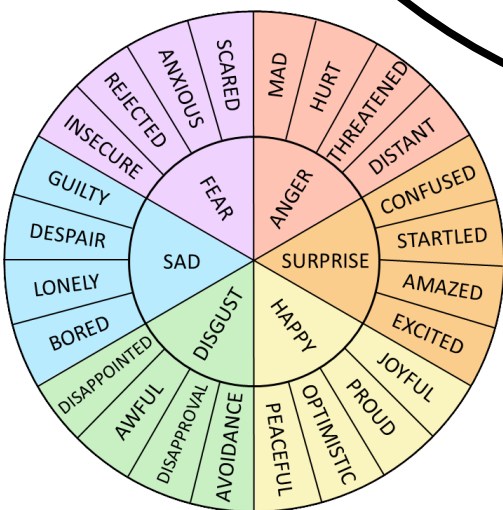
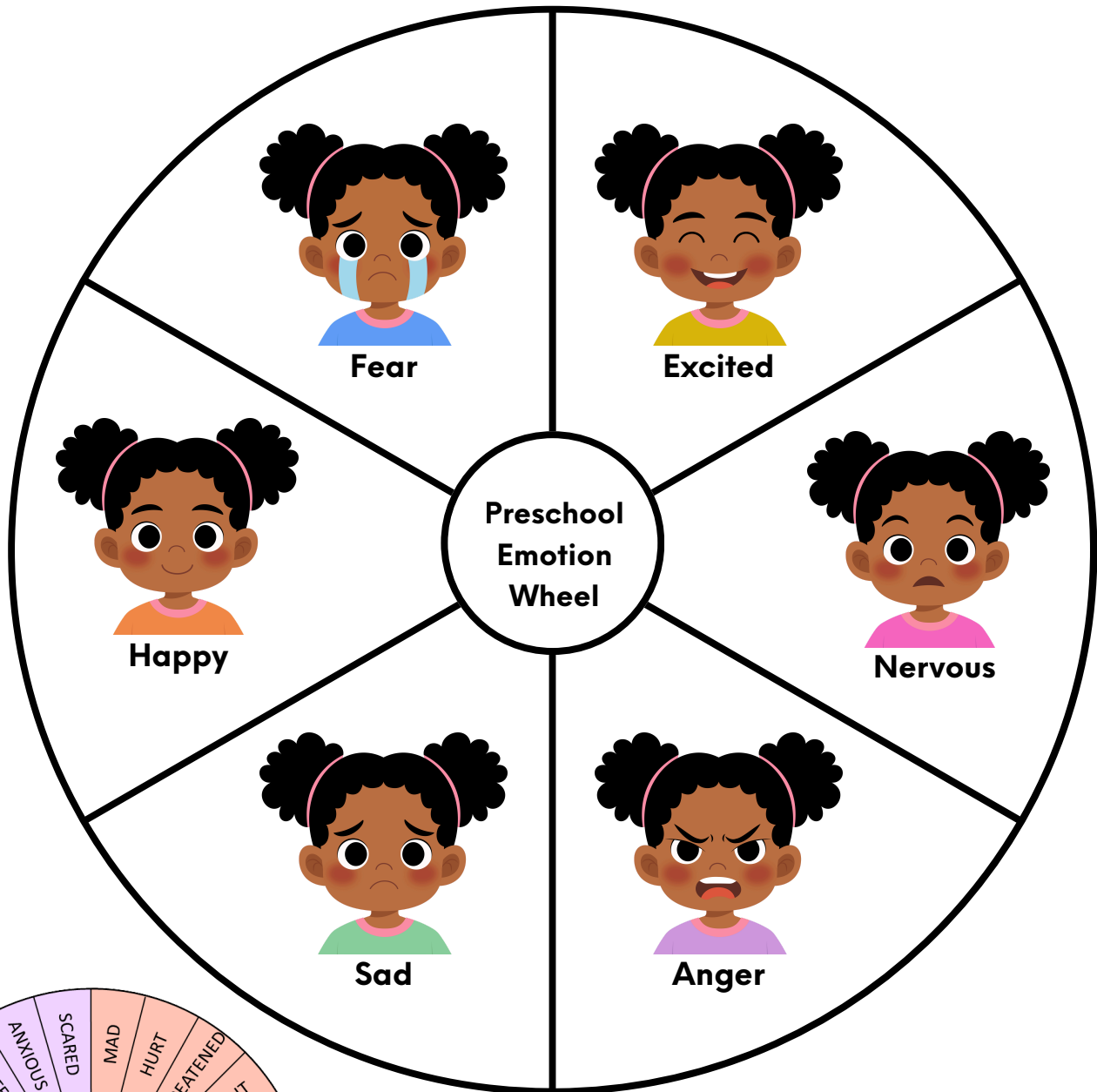
**Expression is communicating emotions verbally or non verbally.**



Check out the PBS Daniel Tiger parent/caregiver app for songs, books, games, and info on emotional literacy.



# Emotional Literacy & Expression



Emotion wheels are a great tool to support emotional literacy, foster communication, and practice labeling feelings.

Here are two emotion wheels tailored for young children and adults. Use these to help you discuss feelings.

There are no bad or wrong emotions.