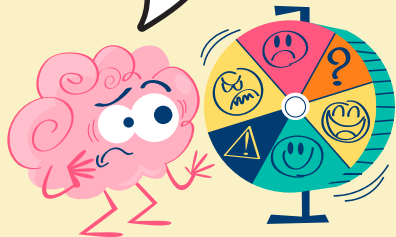




Emotional Literacy & Expression

What is emotional literacy?

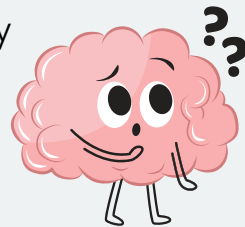


- Emotional Literacy is the ability to identify, understand, and respond to emotions in oneself.
- Labeling emotions can be learned through conversation, play, reading, and learning activities.
 - It helps children understand there are emotions beyond happy, mad, and sad.
- Exploring “feeling words” (especially harder emotions) shows children that no emotion is wrong or bad to feel.

adapted from Head Start What Works Brief 21

What does expression have to do with emotional literacy?

- Expression is the ability to communicate emotions verbally or non verbally
- Healthy expression:
 - fosters stronger relationships
 - improves communication
 - enhances emotional well-being.
- Being aware of our own expression and understanding other’s expressions can help develop self awareness and empathy skills.
- Use your own expression as you label feelings



 Frustrated Frustrado(a)	 Excited Emocionado(a)	 Lonely Solitario(a)	 Sad Triste
 Mad Enojado(a)	Today, I feel... Hoy me siento...		 Nervous Nervioso(a)
 Happy Feliz	 Loved Amado(a)/Querido(a)	 Scared Asustado(a)	 Proud Orgullosa(a)

How many of these emotions can you incorporate into conversation this month?

Emotional Literacy & Expression



Pass the hat:

Cut out pictures that represent various feeling faces and place them in a hat (or large envelope) that is passed around the circle as music plays. When the music stops, the child holding the hat picks out a picture designating an emotion and is asked to identify it, express how they look when they feel that way, or describe a time when he or she felt that way.

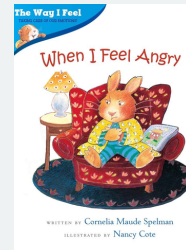
Feeling hunt:

Put "feeling face" pictures up all around the room (and around the building if possible). Children can be given child-size magnifying glasses, and they walk around looking for different feeling faces. When they find one, they label it and tell a time they felt that way.

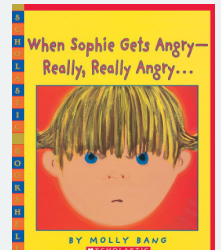
With time, switch it up by providing each child with a "Feeling Face BINGO Board" and they can cross out faces on their boards as they find them around the room. Have the children work in pairs/small groups for practice vocalizing feeling words to peers.



Book Nook



by: Cornelia Maude Spelman



by: Molly Garrett Bang



by: Ed Emberley



by: Tom Percival

How can I promote emotional literacy in my classroom?



Checklist from The Center on the Social and Emotional Foundations for Early Learning

- Teachers label their own feelings... "I feel ___."
- Teachers notice and label children's feelings... "You seem ___."
- Books about feelings are available in the library
- Teachers draw attention to how a child's peer is feeling
- Activities are planned to teach and reinforce emotional literacy
- Photos of people with various emotional expressions are displayed around the room
- Children are reinforced for using feeling words
- Efforts to promote emotional vocabulary occur daily and across all times of the day