

Guide to Emotional Literacy

WHAT TO DO WHEN YOU FEEL LIKE CRYING OR SHOUTING

Why Emotional Literacy Matters

Emotional literacy will help you to understand, express, and manage emotions. Helping your children recognise and communicate their feelings, supports their mental health, relationships, and resilience.

Recognising Big Emotions

Children (and adults!) may feel like shouting or crying when they experience:

Frustration or anger

Overwhelm or stress

Sadness or disappointment

Feeling unheard or misunderstood



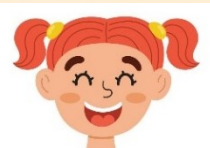
excited



proud



angry



happy

How to Recognise Emotions

Helping children with emotional awareness looks like:

Noticing physical signs – a racing heart, face feeling hot, or feeling tearful can signal strong emotions.

Using emotion words – "frustrated," "disappointed," or "nervous."

Checking in regularly – asking questions such as, "How are you feeling right now?" or "What made you feel this way?" or "How is your body feeling in this moment"

Encouraging self-reflection – helping them connect feelings to situations, such as, "I notice you get upset when plans change" or "I notice you look out of breath/cheeks are red/your eyes are watery?"

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HEALTHY WAYS TO KNOW & EXPRESS BIG FEELINGS

RECOGNISE

What does recognition look like?

NAME IT, TO TAME IT.

There are many ways to navigate big emotions with supportive methods.

- ☒ Pause and breathe together – practising slow, deep breaths can create a sense of calm.
- ☒ Encourage expressing feelings with words – using phrases like "I feel upset because..." can help with communication.
- ☒ Engage in movement – activities like stretching, walking, or dancing can help process emotions.
- ☒ Explore creative outlets – drawing, storytelling, or listening to music can provide emotional release.
- ☒ Create a comforting space – a quiet area with soft textures, sensory items, or favourite books can help regulate emotions.
- ☒ Offer reassurance and connection – a hug, a kind word, or a familiar object can provide comfort and grounding.

