

EMOTIONAL LITERACY

THE ABILITY TO UNDERSTAND AND EXPRESS FEELINGS

We experience emotions from birth, but it's not until we grow into children (around 3-5 yrs) that we begin to identify what we're feeling and why.

Most of what children know about emotions comes from what they see and hear.

Learning how to recognise and regulate emotions is an essential part of a child's development.

Until children can do this themselves, they rely on their parents, siblings, relatives, caregivers and peers to show them how.

We can help children to develop this crucial life skill, by naming feelings, providing comfort and setting safe boundaries for them, early on.

CHILDREN NEED TO LEARN HOW TO:

**RECOGNISE EMOTIONS IN
THEMSELVES AND OTHERS**

**EXPRESS THEIR EMOTIONS
IN WAYS THAT DON'T
CAUSE HARM**

**DEVELOP EMPATHY AND
SHOW COMPASSION TO
THEMSELVES AND OTHERS**

BASIC EMOTIONS



Psychologist Dr P Ekman identified 6 emotions based on facial expressions and body language. All other feelings are thought to be more mild or intense variations of them.

BASIC EMOTIONS

HAPPINESS

SADNESS

SURPRISE

DISGUST

ANGER

FEAR

BONUS EMOTION

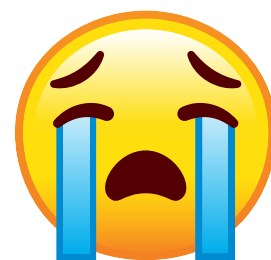
CALM



MILD



INTENSE



EMOTIONAL LITERACY

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**USE THE EMOJIS TO
TEACH YOUR CHILD
ABOUT THESE 6
BASIC EMOTIONS.**

**WORK TOGETHER
TO THINK OF
DIFFERENT WORDS
TO DESCRIBE THEM**

HAPPY WORDS

joyful, satisfied, fortunate, content, cheerful, merry, jolly, delighted, smiley, jokey, grinning, thrilled, chuffed, excited, friendly, loving, fantastic

SAD WORDS

unhappy, sorrowful, depressed, tragic, unfortunate, awful, miserable, down, gloomy, blue, heartbroken, sorry, glum, hurt, low, weepy

SURPRISE WORDS

amaze, stun, startle, astound, unusual, wonderful, mind-blowing, astonish, unexpected, remarkable, breath-taking, dumb-founded, awesome, bomb-shell

DISGUST WORDS

revolting, sickening, loathing, horrible, gross, ugly, dirty, foul, nasty, yucky, grotty, vile, wicked, ghastly, horrid

ANGER WORDS

annoy, irritate, frustration, rage, fury, bored, crabby, temper, displeased, animosity, mad, hassle, cross, embarrassed, jealous, berate, chastise

FEAR WORDS

afraid, terror, frightened, horror, alarm, panic, dread, anxiety, worry, unease, nervous, timid, suspicious, shudder, uncomfortable, tense, concerned, scared, creepy

CALM WORDS

appreciative, chilled, carefree, centered, compassionate, composed, focused, mindful, patient, peaceful, present, relaxed, rested, restored, serene, tranquil