

What is

Emotional Literacy?

Recognising facial expressions in yourself and others

- Is that a sad face? Angry face? Happy face?

Understanding feelings

- what do they mean? Why do I feel THAT way when THAT happens?

Knowing how your feelings affect your body

- How does anger affect my body? How does anxiety affect my body?

Expressing and communicating your feelings in different ways

- It could be through speech, drawing, writing, facial expressions, and non verbal communication

Being able to label a feeling

- What is that feeling called? Are there any other words that mean the same or similar?

Being able to regulate your feelings

- Manage your feelings. What do I do when I feel that way?

Expressing empathy for others

- You may have been in the same situation - eg your dog has died, just like that person's dog and you felt sad too

