



Exploring Emotions

- When looking at pictures/stories with your child, encourage them to talk about how different people might be feeling, how we know that (e.g. 'she's happy, look, she's smiling'), why they might be feeling that way (e.g. 'John feels cross because he's lost the ball') etc.
- Use emotion cards i.e. pictures of people demonstrating different emotions to talk about how people feel. Take photos of the child and their peers making different faces e.g. happy, excited, sad, cross.
- Talk about other types of emotions when they are in pictures/books and what they mean e.g. excited, angry, annoyed, pleased, worried etc.
- In small group/whole class activities talk about what makes you feel these different emotions e.g. things that make us excited – Christmas, birthdays, holidays etc. You could do this by having a happy face and a sad face, and a selection of different scenarios e.g. it's your birthday, someone won't play a game, it's the school holidays etc, and sort the scenarios into the different faces i.e. do they make you happy or sad?
- Use different faces or emotional words and match them to a scenario in a lotto game type activity.
- Use characters in books, stories, films and TV programmes to support this e.g. talking about how different people may feel.
- Use spider diagrams to draw/write what different scenarios make us feel, or what might make us feel a particular way.
- Reflect your child's emotions back to them when they are displaying this so they are able to label these in themselves e.g. 'I can see you're feeling cross'
- Explore physical reactions to emotions e.g. if you are angry you may have clenched fists, a tight jaw, get hot, go red etc. When you are happy you might feel light, smiling, a relaxed body etc.
- Put together an emotions work book where you can collate all the information you have been working on to reference as needed
- Be clear about how you are feeling so that the words you are using match your non-verbal communication. For example don't say you are happy when you are not as you will be communicating non-verbally that you are not with your body language, facial expression, tone of voice etc. Be simple in your response e.g. saying 'I am OK but have a lot of work to do so I am a bit stressed'.

