



**Hi Families,**

**This week in our Emotional Literacy lesson, we practised identifying various emotions and utilised picture books to build our understanding that each emotion serves as a form of communication.**

Working on our emotional literacy skills provides us with opportunities to enhance our understanding and expression of various emotions. As we improve our emotional literacy skills, we can better recognise our own feelings and enhance our ability to manage them. This equips us to navigate diverse experiences, including handling conflicts, forming friendships, coping with challenging circumstances, and maintaining resilience when faced with change.

### TRY IT AT HOME FAMILY ACTIVITY: **FEELINGS CHARADES**

#### YOU WILL NEED:

- Time together as a family.

#### WHAT TO DO:

- Sit around the dinner table as a family.
- Take turns to make a 'feelings face'. For example, a sad face, an angry face, an excited face, etc. You can also use body language, such as moving your hands or jumping up and down to show excitement.
- Invite other family members to guess the feeling.
- When the feeling is correctly identified, have a family discussion about a time when you felt that emotion.

#### **Family Emotional Literacy habit builder:**

Around the dinner table, ask everyone to share a feeling they experienced during the day. Discuss how they managed that feeling, then explore and share strategies that could be used when encountering similar emotions.

**We would love to see what you are doing at home. Please share some photos or let your child's teacher know what you have enjoyed.**