



Hi Families,

This week in class, we explored emotional literacy by reflecting on different types of comfortable and uncomfortable emotions and how they may physically affect our bodies when we are experiencing those emotions.

Working on our emotional literacy means we can become better at understanding and expressing our own emotions as well as recognising and reading the emotions of people around us. This helps when interacting with friends and strangers, managing conflict, and coping with change in our own lives.

TRY IT AT HOME FAMILY ACTIVITY: EMOTION CHECK IN

YOU WILL NEED:

- Time together as a family.

WHAT TO DO:

- Get together as a family. This may be after dinner or just sitting together in the living room.
- Family members take turns naming an emotion and another family member. You can make them up or chose one from the examples below:
 - » Acceptance, Happiness, Anger, Sadness, Excitement, Frustration, Resentment, Joy, Love, Hate, Optimism, Gratefulness, Empowerment, Embarrassment.
- The family member who was named needs to describe what that emotion might feel like in their body and if they can recall a time when they have felt like that. Answers may include things like; heart beating fast, stomach feeling tight etc.
- If younger children aren't familiar with the emotion named, describe it to them and try to think of a time you can share when they may have felt that emotion, but not known it. This is a great way to build emotional literacy and expand their vocabulary.
- Continue until all family members have had a few turns.

Family Emotional Literacy habit builder:

Every night at dinner, have each person describe a feeling they felt during the day and what made them feel like that.

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.

