Emotional Understanding

Help children to recognise their own emotions

- Learn ***emotion vocabulary*** so that they can express how they feel
- Adult should ***label feelings for children*** if they do not understand an emotion concept e.g. you are upset. This should be at the time they are experiencing the emotion so they can link the feeling with the language
- Provide ***visual supports*** to help children use language to talk about how they are feeling e.g. a sentence strip accessible on X's desk with 'I feel….'. If needed, include a choice of emotions they can select from e.g. happy, angry, sad, worried, excited.

Emotional Understanding

Help children to recognise the emotions of others



- ***Label the feelings of others*** in real life situations where possible
- ***Use stories or topic scenarios*** discussed in class as an opportunity to discuss what the character may be thinking or feeling.
- Use of ***comic strip conversations*** to explore feelings