

Teaching emotional literacy skills

Objective(s)

Learners identify emotions and discuss ways to help children learn to identify and understand their own and others' emotions.

Description

In this activity, learners identify different types of emotions and generate ideas for how to foster emotional literacy in the classroom.

Required Materials/Resources

Learner Materials

- [Video 7.11: How is Froggy feeling?](#)
- [Handout 7.2: Emotional Literacy Skills: Identifying and Understanding Emotions.](#)
- Format for learner responses (written activity form, guidance for discussion)

Detailed Facilitator Instructions

1. Provide access to video or transcript. Video can be viewed as a class or independently outside of class. Have learners list three emotions that the teacher discusses with her children.
2. Provide access to handout.
3. Ask learners to identify the emotions associated with the faces and discuss the process by which they made their determinations.
4. Have learners consider ways to promote emotional literacy in the classroom and generate two specific ideas.
5. Provide Feedback.

Suggested Assessment

1. Some emotions that the teacher discusses with her children are: happy, nervous, worried, grumpy, embarrassed, and relieved.
2. Not everyone "turns red" when they are embarrassed; in some cases a flushed face may not be clearly visible, especially for some ethnicities.
3. The emotions on Handout 7.2 are (1) happy, (2) sad, (3) embarrassed, (4) surprised, (5) nervous, (6) angry.
4. The clues for each face were: (1) smiling, eyebrows up, (2) frowning, eyebrows down, (3) looking up, and red cheeks/blushing, (4) open mouth, high eyebrows, (5) clenched teeth, sweat on forehead, arched eyebrows, (6) turned in eyebrows, scowling, closed tight lips.
5. Individual responses will differ.

This activity is part of Module 7: Tiered Instruction. To view the content related to this activity, go to [Step 3: Evidence.](#)

Instructional Method
Structured Exercise

Level
Intermediate

Estimated Time Needed
5 minutes for instructor preparation

15-20 minutes for learner activity

Learner Form
[Activity 7.7a](#)

Hints provided to learner:

Think about the times in the video when the teacher talks about how Froggy is feeling.

Think about how the teacher associates a red face with embarrassment. Is this an association that holds true for all ethnicities?

Think about the clues provided on each face (facial expressions, qualities) that may indicate specific emotions.

Facilitation Tips

- Break into groups to discuss and respond.
-

Alternate Version(s) (refers to different levels of difficulty)

- No alternate versions of this activity.
-

Credits

The CONNECT Content Team