

Emotional Literacy

<p><u>Recognise their emotions in order to label and find them</u></p>	<ul style="list-style-type: none"> • Check-in and check-out, symbol support, feeling thermometer, labelling emotions. • Start with basic emotions of happy, sad, mad and then introduce a wider range and expand vocabulary. • Positive and negative emotions • Listen, Respond, Teach plans
<p><u>Understand their emotions in order to become effective learners</u></p>	<ul style="list-style-type: none"> • Check-in and check-out, symbol support, feeling thermometer, labelling emotions. • Introduce idea of 'why' i.e. 'I feel sad because.....' • Can they give examples 'I feel happy when.....' • Listen, Respond, Teach plans
<p><u>Handle and manage their emotions in order to develop and sustain positive relationships</u></p>	<ul style="list-style-type: none"> • Use of tools such as: • Five Point Scales • Social Stories • Amazing awareness bands • Feeling thermometer • Therapeutic stories • Karen Triesman activities • Mindfulness activities • Listen, Respond, Teach plans
<p><u>Appropriately express emotions in order to develop as 'rounded people' who are able to help themselves and, in turn, those around them.</u></p>	<ul style="list-style-type: none"> • Ability to use the above tools and support with reduced adult support or independently. • Use of calming , grounding and relaxing strategies. • Use of Growth Mindset principles. • Listen, Respond, Teach plans