

Emotional Literacy Interventions

What is Emotional Literacy?

Emotional literacy is the ability to understand, recognise, express and manage your feelings – and to understand how they affect you and others.

1 Understanding feelings

- What do they mean?
- Why do I feel THAT way when THAT happens?



2 Knowing how your feelings affect your body

- How does anger affect my body?
- How does anxiety affect my body?



3 Expressing and communicating your feelings in different ways

- It could be through speech, drawing, writing, and non-verbal communication.



4 Being able to label a feeling

- What is that feeling called?
- Are there any other words that mean the same or similar?



5 Being able to regulate your feelings

- Manage your feelings.
- What do I do when I feel that way?



☮ Breathe

🚶 Take a break

💬 Talk to someone

🎵 Do something you enjoy

6 Expressing empathy for others

- You may have been in the same situation. For example, your dog has died, just like that person's dog, and you felt sad too.



These sessions will be around an hour and only be in small groups.

Your child's key person will keep you in the loop with any updates and progress your child is making.



— Led by Preet Kaur —