



Identifying Feelings

Experience

Invite your child to choose their favourite book. Read the book together and discuss what emotions the characters might be feeling, draw attention to the characters' facial expressions and body language.

Ask your child:

Why do you think she felt that way?

How could you tell she was feeling sad?

Learning benefits

- Support emotional understanding
- Increases emotional intelligence
- Helps children to identify feelings



5 - 10 mins



3 - 5 years

Materials

Story book

Hints and Tips

Ask your child to copy the emotion shown by the character e.g. show me your happy face

Role model changes in tone of voice and facial expression.

Link emotions to what we notice in our bodies e.g. When I feel angry my ears feel hot