Social interaction and play

Developing understanding of emotional concepts

Activities and strategies to try:

**Finding opportunities to develop an understanding of different emotions:**

⇒ Using REAL SITUATIONS that are of relevance to the child's experience.

⇒ Using TV/FILM CLIPS to explore what different characters were feeling (this can be more motivating when using a favourite TV programme or film!)

⇒ Using PICTURED SCENARIOS and ROLE-PLAYING social situations

Key steps to include when teaching emotion concepts:

⇒ **NAME the emotion** that the child is feeling

⇒ **EXPLAIN WHY** the child has this emotion (link it to a cause)

⇒ **SHOW the emotion** using emotion cue cards or your own facial expressions

⇒ Encourage the child to indicate how they are feeling using **a FEELINGS BOARD** or an **EMOTIONS THERMOMETER**

⇒ Start with BASIC EMOTIONS (angry, happy, sad, scared, surprised) before moving onto more advanced emotions (e.g. nervous, frustrated, anxious)

⇒ **Model clear expression of emotions**, e.g. "I feel sad when…"

Resources to support:

- **Emotion cue cards**

- **Feelings board**

- **Emotions thermometer** (note this is generic but needs to be adapted - e.g. a 'worry' scale - an 'angry-calm' scale - a 'happy-sad' scale.)

- Black Sheep Press 'Talking About…' series contain a range of pictured social scenarios to discuss (see website).
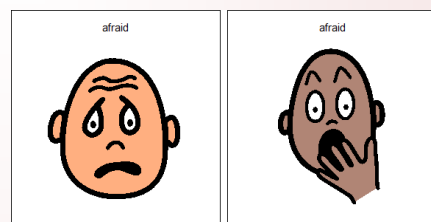
Measuring progress: Child can identify how someone might feel in a social situation - Child can describe an emotion or give an example of when someone has that emotion - Child can recognize and label an emotion when shown a facial expression - Child can tell you how they are feeling with an emotions board or thermometer.
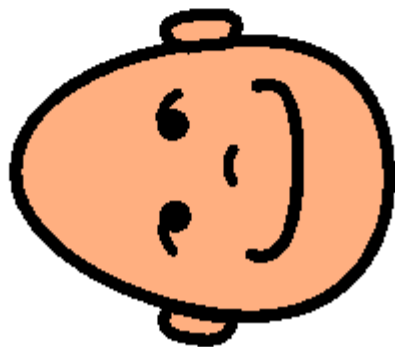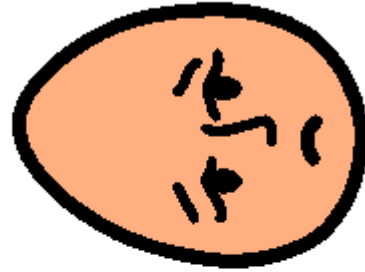
bored

depressed
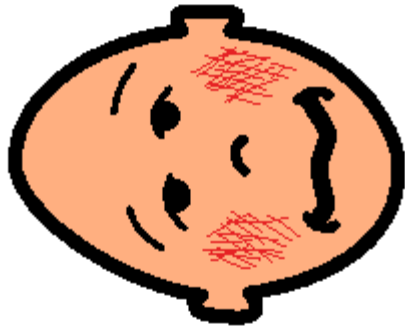
shocked

silly

afraid

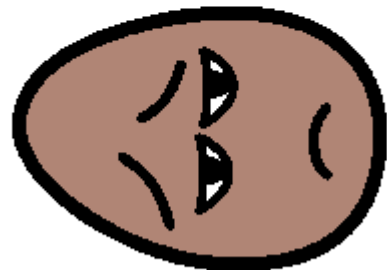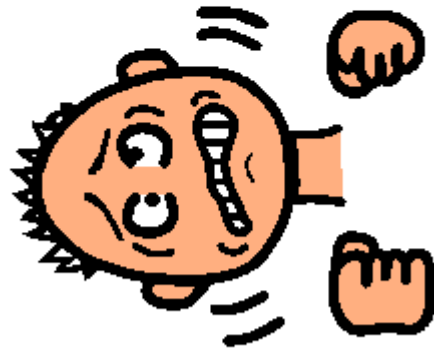content

excited

hurt

embarrassed
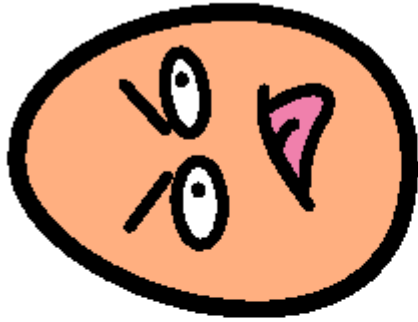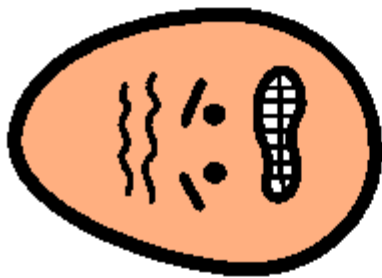
happy

disappointed

frustrated

stubborn

upset

safe

terrified

angry

terrible

hateful

proud

worried

sad

upset
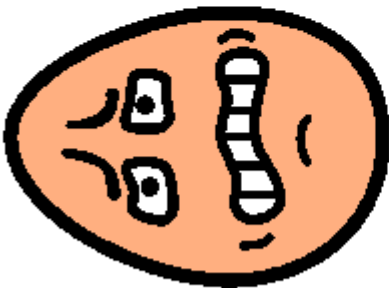
confused

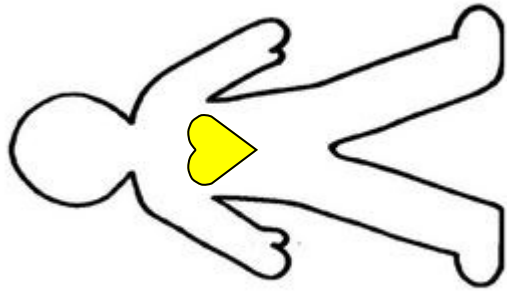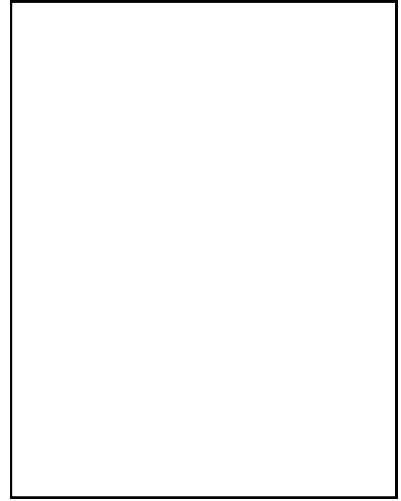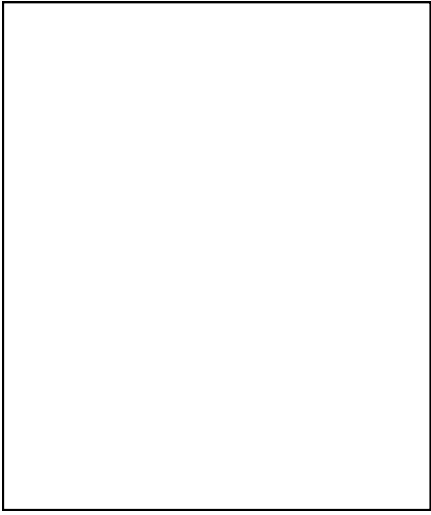Today I'm feeling....

My scale

5
4
3
2
1

How I feel	Things I can do