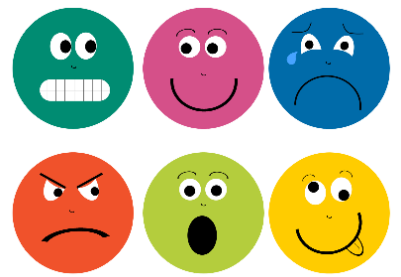


# Emotional Literacy

## Support Group



### Description:

This intervention will help to develop your child's understanding of emotions. This will include an awareness and recognition of their own feelings and knowing how to manage them. It helps to support empathy and being able to recognise and adapt to the feelings of other people, whilst at the same time, learning how to manage and express their own emotions effectively. These skills will help to develop good communication skills and relationships with others.

### Intended Outcomes:

- To develop your child's emotional vocabulary
- To enable your child to recognise their own emotions
- To enable your child to identify the emotions of others
- To provide your child with strategies for calming down
- To improve your child's social interactions with their peers.

### What can you do to help?

- Help your child to identify their emotions e.g. I can see you feel sad/happy/angry etc.
- Talk about what you do when you feel that way eg. When I feel cross I take some deep breaths, I count to 10, I find a quiet space by myself to calm down in.
- Suggest appropriate strategies to deal with emotions, would you like a cuddle, would you like to find a favourite toy, would you like to read a book.
- Share your own emotions (Where appropriate(!)) with your child.
- Ensure you are using accurate names for emotions eg don't say you are sad when you are actually cross.