


Unpacking the Pyramid Model: Emotional Literacy

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Checking In:

Please write in chat:
How are feeling today?






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Emotional Literacy

- Emotional Literacy...
 - the ability to **identify** and **express** emotional in **healthy ways**;
 - to **feel, understand, and tell the difference** between **complex emotions**;
 - to **express and self-regulate** emotions in **social situations**. (Fox et al., 2003)

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Remember...

I'm 3! I've only been around for 36 months!

I'm 4! I've only been around for 48 months!

I'm 5! I've only been around for 60 months!

(Dan Gartrell)



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Creating an Emotion Rich Environment








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What I need...



I need to know emotion words

I need strategies

I need to know what different emotions feel like

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Stages of Learning

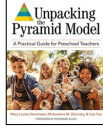
Show and Tell
(Acquisition)

Practice Makes Perfect
(Fluency)

You Got It!
(Maintenance & Generalization)

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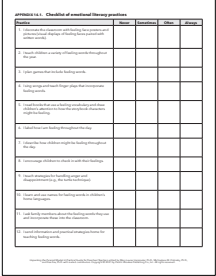
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Checklist Resource Chapter 14

Checklist of Emotional Literacy Practices


- Classroom Displays Feature Emotional Expressions
- Direct Teaching
- Games and Songs
- Books
- Checking In
- Talk About Feelings Throughout the Day



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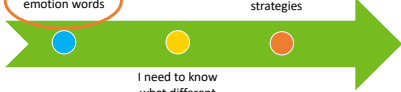
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What I need...



I need to know emotion words

I need strategies



I need to know what different emotions feel like

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Feeling Vocabulary

make finer discriminations between feelings

better communicate with others about what they are feeling

better at reading others' emotions

Large and more complex feeling vocabulary

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Teach Children More than Happy, Sad, or Mad!



 Affectionate Cariñoso(a)	 Bored Aburrido(a)	 Brave Valiente	 Calm Calmado(a)
 Cheerful Alegre	 Comfortable Cómodo(a)	 Creative Creativo(a)	 Curious Curioso(a)
 Disappointed Decepcionado(a)	 Disgusted Asqueado(a)	 Excited Emocionado(a)	 Embarrassed Avergonzado(a)

challengingbehavior.org

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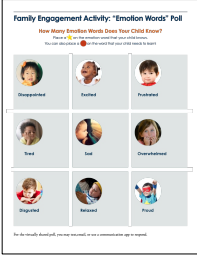
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Emotion Words: Take Data

What emotion words are children using? How are children using the words?

What emotion words are you using?

How can you teach a wider range of emotion words?



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Direct Teaching

Strong Puerto

Fantastic	Fearful	Frustrated	Happy
Sad	Lonely	Loved	Wise
Nervous	Overwhelmed	Proud	Relaxed

challengingbehavior.cbcs.usf.edu

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Take advantage of everyday moments!

Oh, Kara, are you feeling a little scared? Would you like me to help you? It might not be so scary if I help. Would that help?

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Checking in

MIRROR

This is how I feel today!

This is how I feel today!

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Feeling Wheels

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Writing/Art Center

Proud
Orgullosa(a)

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Feeling Faces: Play Dough Mats

I feel... **Happy** 😊

I feel...

I feel... **Surprised** 😲

I feel...







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Conversations during routines


Snack/Meal
Talk Mats

 Excited <small>(Emocionados/a)</small>	 Proud <small>(Orgullosos/a)</small>	 Nervous <small>(Cansados)</small>
 Frustrated <small>(Frustrados/a)</small>	 Lonely <small>(Solitarios/a)</small>	 Stressed <small>(Estresados/a)</small>

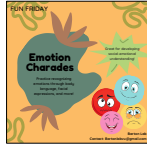
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Games






Give me clues!





Pass the Feelings Bag!


We're going on a Feelings Hunt!

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Games

Matching



BINGO



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Songs

If you are happy and you know it...
add new verses to teach feelings

- If you're **sad** and you know it, cry a tear..."boo hoo"
- If you're **mad** and you know it, use your words "I'm mad"
- If you're **scared** and you know it ask for help, "help me"
- If you're **happy** and you know it, hug a friend
- If you're **tired** and you know it, give a yawn

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Songs

- **Happy, happy** smiling faces, look at my big grin.
I am **happy**, see my face, making a big grin.
- **Sad, sad** frowning faces, look at me boo hoo. I am **sad**, see my face, crying big boo hoos.
- **Proud, proud** is my face, shoulders and smiles are big; I am **proud**, standing tall, smiling really big.





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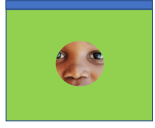
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Can you guess how I feel?

Be an Emotion Detective








Darius is Happy

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Songs

to the tune of "Twinkle Twinkle Little Star"

I have feelings (point to self)
So do you (point to children)
Let's all sing about a few.
I am **happy** (smile).
I am **sad** (frown).

I get **scared**. (Wrap arms around self and make a scared face).
I get **mad** (make a fist or stomp your feet).
I am **proud** of being me (hands on hips, shoulders straight, smiling face)

That's a feeling too, you see.
I have feelings (point to self)
You do, too (Point to children)
We just sang about a few.

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wjaimh.org

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Using Books/Classroom Books

Disappointed
Embarrassed
Proud
Scared
Angry
Excited
Lonely

On Wednesday, when I got to tell silly jokes with my teacher,

I was...

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Adaptations

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sherlockcenter.org

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Classroom Books

I feel **excited** when I get to ring the clean up bell with my friend Elena!

I feel **sad** when my dad leaves me to go to work.

When I feel **sad**, I like to hold my family picture until I feel better.

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How Would You Feel If...? Game

You want the marker that Diego has, but he told you "No, I'm still using it."

How would that make you feel?

What could you do?

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Worry & Anxiety

The **Worry Monster** LOVES to eat WORRIES!!

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Worry Detective

HATTIE HARMONY
Worry Detective

Illustrated by Susan & Rebecca Abbott
Written by Patricia Polacco

Snack/Meal Talk Sheet

Who is your favorite character?

Hattie Harmony

Pearl Peppercorn

Duncan Delmar

Seymour Swiggetooth

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Comfort Captain

Understand and Care

What can I do to help you feel better?

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Kindness

KINDNESS
SNIPPET JAR

Our Kindness Jar

Said Thank you

Share

Help someone

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Perspective Taking

mindinthemaking.org

Skill-Building Book Tips

hanen.org

Book Nook

Building Perspective-Taking Skills in Children with Autism with Kimberly Cox

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Perspective Taking

Greetings | Saludos

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New Child Joining Class

Do you remember how you felt on the first day of school?

Llama llama misses mama

Excited

Scored

Proud

Shy

Nervous

Brave

Happy

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Perspective Taking



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You Can Have More Than One Feeling



- Smad
- Happycited
- Loveappy
- Braverous

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Think about...

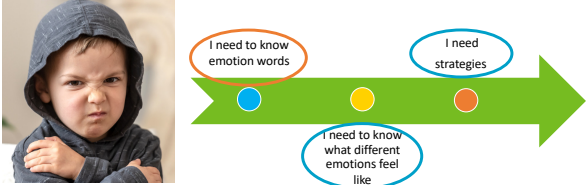


"You're okay"

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What I need...



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Questions/Thoughts



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