

## Emotional Literacy Activity

This is a really good resource to help you identify exactly how your child is feeling whilst been off school. Results will highlight any feelings of concern that your child is experiencing. You can discuss any concerns and plan ways to overcome any worries or fears.

# My Feelings

Look at each feeling in turn.

Colour in each feeling based on how you feel this way.

Colour	I feel this way
Red	often
Green	sometimes
Yellow	Never/ hardly ever



## MY FEELINGS

Key:

Colour	I feel this way...
	often
	sometimes
	Never/hardly ever

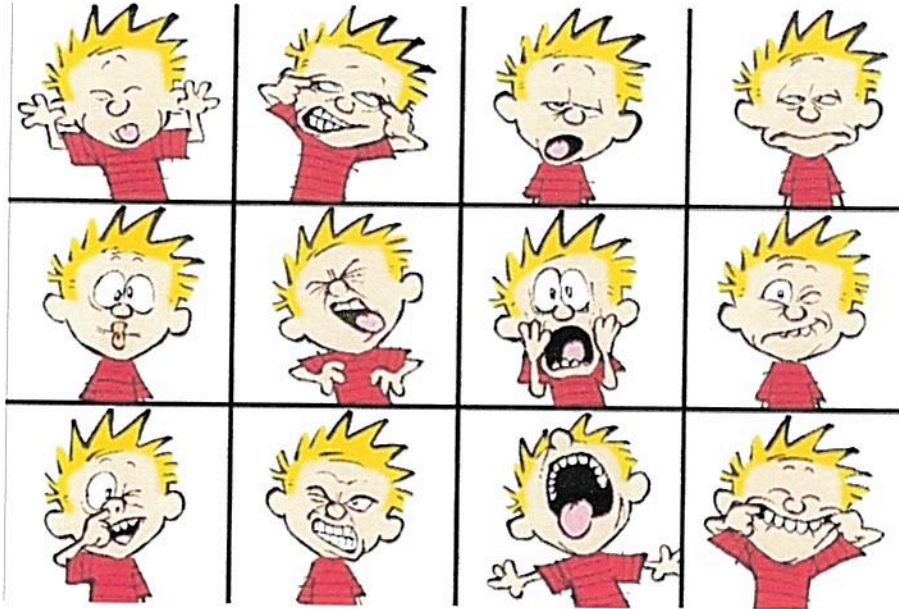
Instructions:

- Choose three colours to colour in the key.
- Then look at each feeling in turn.
- Colour in each feeling based on how often you feel this way.



## Emotional Literacy Activity

This is a fun game it helps your child to recognize facial expressions.



Match the facial expressions to the questions.

1. Tom was feeling like this when all the lights went out and he was left in the dark.
2. Tom was feeling like this when his mum made him do his homework when all he really wanted to do was play on his X Box.
3. Tom was feeling like this just before he was sick after tasting the stinky old cheese.
4. Tom acted like this when before he got told off by his dad for hitting his little brother.
5. Tom acted like this when he was being rude to his friends.
6. Tom felt like this when his friend Sam decided to be silly and spoil the game of snakes and ladders.
7. Tom felt like this when he became flustered because he couldn't do his 6 x tables.
8. Tom acted like this when he was extremely rude to a stranger in the supermarket.

Share the story of at time you felt like this at **school**.



excited

scared

jealous

annoyed

lonely

proud

worried

stupid

Share the story of at time you felt like this at **home**.



surprised

lonely

worried

excited

scared

petrified

loved

calm

This activity is for KS2 children. Children in KS2 need to broaden their vocabulary so they have a wide range of words to express their feelings and emotions.

Ask the child to write down as many feelings and emotions they can think off. Look at what they have written and then together find other words in the lists below that are similar.

Discuss the new word.

Ask your child to tell you a time when they have felt that feeling or emotion.

Write that new word in a sentence

Draw a picture of the facial expression that matches the new word.



# List of Emotions

<b>Confusion</b>	<b>Sad</b>	<b>Strong</b>	<b>Happy</b>	<b>Anger</b>	<b>Energized</b>
Uncertain	Depressed	Sure	Amused	Annoyed	Determined
Upset	Desperate	Certain	Delighted	Agitated	Inspired
Doubtful	Dejected	Unique	Glad	Fed up	Creative
Uncertain	Heavy	Dynamic	Pleased	Irritated	Healthy
Indecisive	Crushed	Tenacious	Charmed	Mad	Renewed
Perplexed	Disgusted	Hardy	Grateful	Critical	Vibrant
Embarrassed	Upset	Secure	Optimistic	Resentful	Strengthened
Hesitant	Hateful	Empowered	Content	Disgusted	Motivated
Shy	Sorrowful	Ambitious	Joyful	Outraged	Focused
Lost	Mournful	Powerful	Enthusiastic	Raging	Invigorated
Unsure	Weepy	Confident	Loving	Furious	Refreshed
Pessimistic	Frustrated	Bold	Marvelous	Livid	
Tense		Determined		Bitter	



1.

Emotional Literacy Resource

Discuss with your child Empathy.

Empathy: is the ability to understand and share the feelings of another person.

E verybody needs somebody

M odel and mirror

P ut yourself in their shoes

A sk if you can help

T reat others the way you want to be treated

H urtful or helpful

Y ou feel better and they feel better



Remember that everyone  
you meet is afraid of  
something.

Loves something and  
has lost something.

Empathy Discussion; Time to Talk... no writing required!

**Put Yourself  
In someone else's shoes  
If you find them hurting **you**  
then it probably hurts **them** too.**



How do you think a person might feel if the following happened:

- a) laughed at for falling over.
- a) talked about for not joining in games.
- b) frightened by a bully.
- c) laughed at because of a new haircut.
- d) told off for not doing homework.
- e) laughed at for getting no spellings correct.
- f) shouted at for forgetting something.
- g) feeling lonely because friends don't want you to join in
- h) not being picked for a team game.
- i) left out of a fun activity by friends.
- j) rumors about you
- k) laughed at for personal reasons
- l) talked about because you cried.
- m) quiet for reasons unknown.



3.



What does Empathy mean?

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Empathy helps others how?

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I showed Empathy when:

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**LISTENING WITH  
UNDERSTANDING  
AND EMPATHY**



I listen carefully to understand what someone

## TOLERANCE

**Tolerance** is when you accept others who are different in their race, culture, habits, and even beliefs. You can accept your friends no matter how diverse, or different, they are from you.

**Tolerance** is most needed when we don't agree with someone. It's about learning to discuss things and argue with people without getting angry or upset.

<https://www.theschoolrun.com/teaching-children-tolerance>

This link is a great website for parents to help teach their child tolerance. It has links to children's videos, activities and other resources.

### Acrostic poem about TOLERANCE

**T**hink! People might have different thoughts to yours



**O**nly **you** can solve any arguments or problems



**L**ook at it this way in many situations **you** are not always right

**E**veryone even **you** deserves respect



**R**econize other people have feelings just like you



**A**ppreciate other peoples views and beliefs

**N**ever lash out, be the better person



**C**hoose the right thing to do, beg to differ



**E**very act of tolerance and compassion is not a weakness



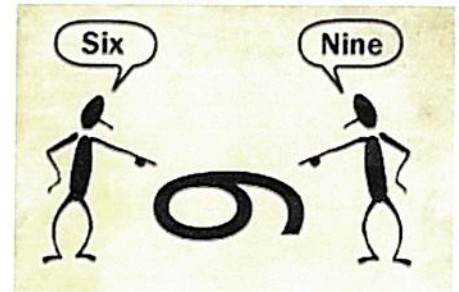
## What to do if other people have Different Opinions to You

Whether it's politics, religion, music taste or football, we all have different views, but respecting each others' opinions( points of view) is important for maintaining positive friendships.

### Try to understand their view

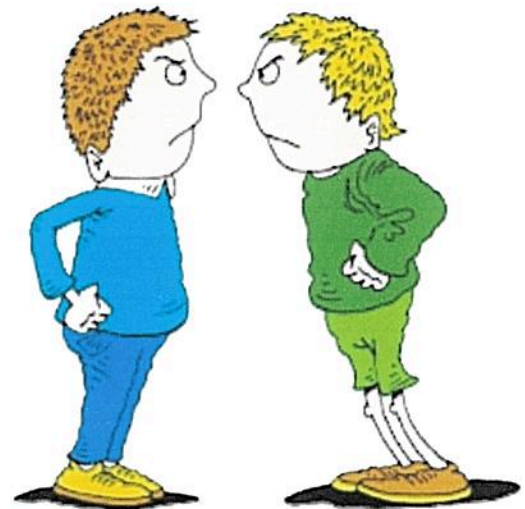
People come from different backgrounds and are brought up to believe in different viewpoints. We are all influenced by a number of things, such as our upbringing, our culture, parental views.

Put yourself in your friends' shoes and try to ask if you'd believe the same things if you'd had the same experiences as them.



### Don't be rude or arrogant

Arguments are more likely to happen, not because you have different opinions, but because of how you put them forward. Being rude and overly dismissive of your friend's opinion will only result in them getting annoyed at you.



Aim at friendship not enmity

2.

## How to build the skill of understanding someone else's point of view

It's not always easy to predict or understand how someone else feels. Some people are better at it than others, but just about everyone can improve with practice.

Understanding others is all about watching and listening.



People who are **good listeners** show they are more connected with the person who is talking. This produces a feeling of bonding and closeness.



Most of us rate ourselves as good listeners – after all, listening seems like such a simple, basic thing to do. **But, often we're so busy thinking of what we want to say that we don't listen as much as we should.**

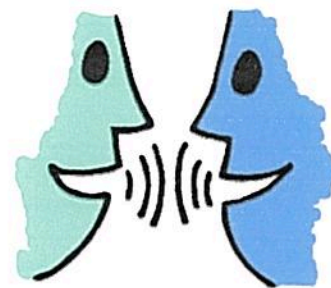
### Here are some ways to build good listening skills:

- Practice listening well in everyday conversations.
- Really pay attention to what the other person is saying.
- Train yourself to think of listening as more important than talking.



3.

- **Tune in to feelings as well as story.** When a friend tells you about something, try to imagine how he or she might have felt. Talk to that person. Show them you're trying to understand their experience, like: "Oh, that must have felt amazing!" or, "That must be upsetting for you." You'll probably notice that you feel closer, more "in sync" with the person. You might find you can predict what your friend will say next.



- **Take time to listen to someone in depth.** Interview a friend or family member about a special time in his or her life. For example, ask your parents about their wedding day or get your grandparents to tell you about having their first child. Try to imagine what the experience was really like for them. Ask them to tell you more about how they felt and why.



### Turning Understanding Into Compassion

After building your skills in understanding others, how do you use that knowledge? If you're like most people, you use it to help and support the people you care about. This is **compassion**, and compassion helps us form relationships. Try these three ways to be more compassionate:

**Ask others what they need.** If a friend is going through a difficult time, ask what you can do to help. If your friend says, "I don't know," think about what you'd want in the same situation, then offer to do something similar.



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4.

**Show a sincere interest in others.** Be curious about the people you know – not in a nosy or fake way, but in a way that shows you want to understand them a little better. For example, ask about the kinds of things they like to do, or about their feelings, ideas, and opinions.



1. **Act with kindness.** When you hear gossip, ridicule, or unkind teasing, make it your first reaction to imagine how it would feel to be on the receiving end. That can help you tune in to other people's feelings and refuse to join in.



**Remember the Golden Rule.**

How would you feel if you expressed an opinion and someone judged you?

This would probably make you feel hurt. Try to follow the Golden Rule and treat others the way you wish to be treated. Just as you wouldn't want to feel judged or attacked for an opinion, do not judge or attack others.

- Remember, people are not their opinions. While someone may disagree on an issue that's of personal importance to you, try to pause and think about that person's perspective. Maybe they had unique experiences that formed how they feel, which may be different than your own.
- Whenever you feel intolerant to another person's opinion, pause and reflect on the Golden Rule. Just as you would expect someone to consider your perspective without judging you, extend this same courtesy to someone else.

### Check your expectations.

Often a feeling of tolerating other people's opinions is a reflection of unreasonable expectations.

Do you expect everyone to get along all the time?

Do you expect people to agree with you most of the time? If so, your expectations may not be realistic.

- **Not everyone agrees on everything.**

Even best friends and married couples have places where their views differ. If you're surrounded by people with similar views to yours most of the time, you may sometimes accidentally assume people agree with you. However, even likeminded people do not always agree.



- Try to keep this in mind going into a situation. While most of your friends and family members may vote Democrat, for example, keep in mind roughly half the country disagrees. Going into new situations, do not expect people's views to align politically with your own.

### Do not personalize someone else's opinion.

Sometimes, it can be difficult to separate how someone feels about an issue from how they feel about you. People disagree about hot button issues all the time, such as religion and politics. However, for most people, disagreements are about the issue. They are not a personal slight or attack against another person.

6.

- Think about things you have strong opinions on. For example, you maybe very fond of maths. Do you have friends or relatives who have a different opinion?
- Chances are, you don't harbor any negative opinions about people who disagree with your perspective. Therefore, it's safe to reason those who disagree with you do not judge you as a person based on your opinion.
- It's easier to be tolerant of opinions if you're able to see them objectively. Try to see someone's opinion as separate from how they judge you and your character. This will help be able to disagree with people but tolerate these disagreements.
- Remember that everyone is an individual who is entitled to their opinions and beliefs. *Even if they differ from your opinions and beliefs, it is still important to respect that other people have different perspectives than you do.*

