

Emotional Literacy Resource

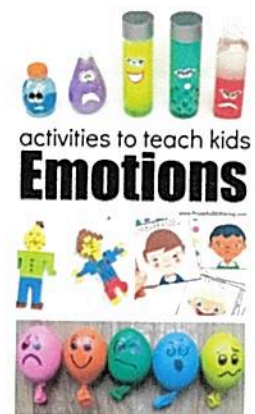
What is Emotional Literacy:

It is the term used to describe the ability to understand and express feelings. Emotional Literacy involves having self-awareness and recognition of one's own feelings and knowing how to manage them, such as the ability to stay calm when angered or to reassure oneself when in doubt. It includes empathy, i.e. having sensitivity to the feelings of other people and it has been said that emotionally literate people are able to employ self-discipline in order to harness their emotions and identify and reach their personal goals.

Emotional Literacy also includes being able to recognise and adapt to the feelings of other people, whilst at the same time, learning how to manage and express one's own emotions effectively. This is helpful to developing good communication skills and the enhancement of our relationships with other people.

These links to Social / emotional activities are to help you as a parent to open discussions with your child whilst having fun and discussing various topics.

<https://www.powerfulmothering.com/30-games-activities-and-printables-to-teach-emotions-to-young-kids/>

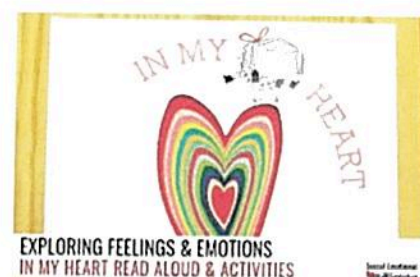


[The Very Hungry Caterpillar Activities ...happytotshelf.com](http://happytotshelf.com)

reception years



[In My Heart: Feelings Activities ...socialemotionalworkshop.com](http://socialemotionalworkshop.com)



Social Emotional Literacy Resources

10 free fun activities

<https://www.thepathway2success.com/10-sel-activities-for-home/>



Whenever you are doing a new activity, it's important to let kids know what skills they are working on.

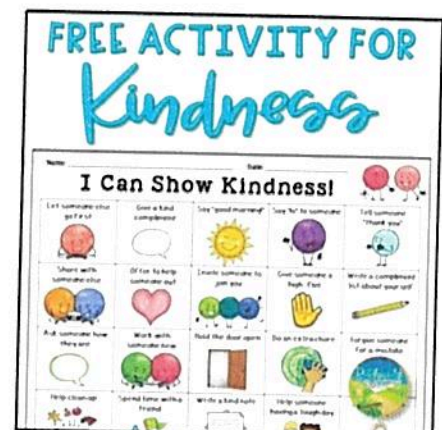
Time to Talk about **Empathy** when watching a movie:

Spend some time watching a show or movie. At any given time, pause and discuss how the characters are feeling. You might ask: "How are they feeling?" and "How would you feel if that happened to you?" Use this conversation to build on considering how others feel, discussing social cues, and caring about their emotions.



Acts of **Kindness** Challenge

Use this [free printable random acts of kindness challenge](#) to encourage kids to be kind to others. For each kind act they do, have them colour in the picture. Another option is to have them give an example of each kind act before they colour it in.



Social and Emotional Literacy Resource

<https://www.verywellfamily.com/teaching-kids-kindness-620723>

This link is extremely useful it promotes an easy to follow guide for parents to home school their child in a key social skill, KINDNESS.

Why We Need More Kindness

Ways Parents Can Encourage Kindness in Kids

Do Unto Others

If You Cannot Say Something Nice...

Thank You, Please, and More

Guard Against Spoiling

Bullying and Cyberbullying

Kindness Is Contagious

Being Kind Makes Kids Feel Good



YOU TUBE offer hundreds of **educational videos** that will help your child learn what kindness is and most importantly how to be kind:

A short story on - **(kindness must see)**

<https://www.youtube.com/watch?v=8Wi0UWLt9I>

<https://www.youtube.com/watch?v=goIozhmPL3Q>

Kindness Snippet Jar by Diane Alber

Color Your World With Kindness

<https://www.youtube.com/watch?v=rweIE8yyYOU>

The science of kindness (for older key stage 2 children)

<https://www.youtube.com/watch?v=O9UByLyOjBM>

Sesame Street: The Kindness Kid Street Story

<https://www.youtube.com/watch?v=brOKBsOs4Ik>

Social and Emotional Craft Activities

.Creative ways for your child to learn about social / emotional skills.
A good resource to start a conversation. It's good to talk!

Empathy Dolls



worry monsters

Anger management dolls



Guess the emotion dolls



Feelings pen pots



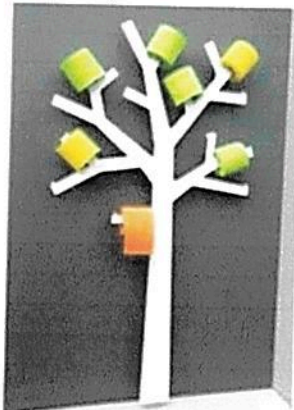
Recycled Paper Roll MONSTERS



se owl. Mindfulness



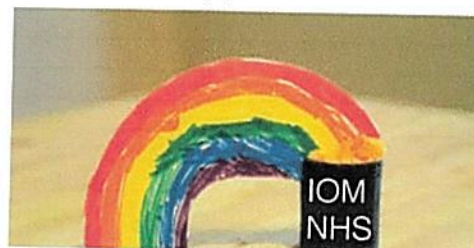
Worry Tree



Super Hero cuffs



Rainbow appreciation



Social and Emotional Kindness Fun Activity

Are you missing family or friends.

Here's two thoughtful activities to do to help brighten someones day and to show you care.

Copy and paste a teapot template from images and write this poem in the middle of the teapot. Add a teabag as gift. Cut out, stick on card. Pop in post , Don't forget the stamp.



Kisses for you

Cut out lots of red kisses
Pop them in an envelope
with this short poem
Send them to someone you love and miss.
Don't forget the stamp.

I really really miss youNana
So I have sent you loads of kisses
Don't worry It won't be long
Till we meet again
and I can smother you in **MY** kisses.



Social and Emotional Literacy resources

Pick one craft every week to create and discuss . It's good to talk!

My emotions wheel.
[The Pathway 2 Success](#)



[Popsicle Emotion Puppets | Social ...masandpas.com](#)



[Social-Emotional Activities for ...weareteachers.com](#)



[SAD MONSTER. GLAD MONSTER: Feelings ...fourcheekymonkeys.com](#)

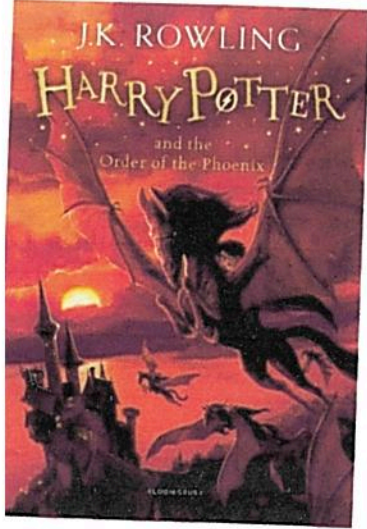


[20 Emoji Crafts for Kids and Teens ...artscraftsymom.com](#)



Social and Emotional literacy Harry Potter Resources for KEY STAGE 2

Task 1 . Use Harry Potter books to discuss anger and prejudice.



Activities in this KS2 guide to Harry Potter and the Order of the Phoenix focus on analysing character traits and improving close reading of text. **Talking points**, meanwhile, address big themes and emotions, such as anger, power and prejudice. How has anger helped and hindered Harry in this book and throughout the series? And how does the theme of prejudice appear in the first five books?

Task 2. Write a letter to a friend telling them what a great friend they are and how you miss them. Explain to them how to keep safe and strong whilst been off school and most importantly what your going to do together when you meet up again.



Don't forget to ask your friend how they are feeling being stuck at home. Write about your feelings, ask them are they experiencing the same and how they got out of negative thoughts and feelings.

Soak the paper in cold tea and let dry before you write your message.
Seal the envelope with a sticker or get an adult to hot wax the seal.
Don't forget there's no Hedwig owl to deliver, so pop a stamp on it!