

Emotional Literacy

Use games to explore emotions

Emotional Literacy, according to 'Action for Children', is the ability to understand, express and cope with emotions. It is a skill that children will develop as they grow, but can also be nurtured throughout childhood. There are lots of ways to help your child develop in this area.

This week we will be looking at the second strategy: using games to explore emotions.

Try playing games to help your child understand different types of emotions.

How do you feel today?



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- If your child is still a baby, play 'Feelings Peekaboo'. Everytime you show your face, use a different expression and say the word out loud
- If your child is a little older, explore expressions with crafts or cooking. Using paper plates to create masks or puppets, or make faces with [playdough](#) or [homemade pizza](#).
- Play 'Simon Says' to get your child to show you what they understand about different emotions. You could say, 'Simon says look worried' or 'Simon says show me how you would feel if you won the game'.
- Play 'Feelings Charades'. Act out different emotions. Or get older children to act out an event that would make them feel that emotion.
- Make a playlist and talk about how music makes you feel. Songs like 'Adagio in G Minor' by Albinoni and 'Arrival of the Queen of Sheba' by Handel evoke strong emotions. Ask your child to tell you what emotions they think the songs are trying to convey.



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