



Films and television

- Watching children's films/television programmes and describing the emotions of the characters.
- Ask the child to guess what the character is going to do next.
- Watch with the sound off and try and work out the emotions together.



Practice

Ask the child to show you what they know. "Show me your happy face" "show me your sad eyes"

Labelling emotions

When you see an emotion in a child, label it for them. You might want to use a phrase like "I think that you are happy, because you have a big smile on your face" or if a child is sad "I think that you are sad because you have tears in your eyes"

