

WHAT IS EMOTIONAL LITERACY?



- Recognising facial expressions
- Understanding what feelings mean
- Knowing how feelings affect your body
- Being able to express and communicate your feelings
- Putting a label to a feeling
- Regulating your feelings

My head is aching,
my muscles are
tense and I feel
hot everywhere

I feel MAD
because someone
pushed me

I need to talk to
someone about
how I feel

I need to use my
calming
breathing

