

Emotional Literacy Activities Handout

What is emotional literacy?

Emotional literacy refers to the ability to recognize, understand, and express emotions in a healthy way. It is an essential skill that contributes to overall emotional well-being, helping individuals navigate their feelings and build better relationships.

8 emotional literacy activities

Here are eight activities that support emotional growth and can be used by parents, teachers, and healthcare professionals.

1. Emotion charades

Emotion charades is an interactive game in which participants pick a slip of paper with an emotion written on it and act it out while others guess. This activity helps individuals recognize and understand a variety of emotions and promotes empathy by encouraging them to consider how others express feelings.

2. Feelings collage

Creating a feelings collage involves gathering magazine images that depict different emotions and assembling them on a poster. This hands-on activity promotes self-awareness by sparking discussions on expressing emotions and building a stronger emotional vocabulary.

3. Mirror exercise

In this activity, the individual stands in front of a mirror, makes different facial expressions, and identifies the emotions associated with each one. This exercise helps one understand nonverbal cues and reflect on how body language communicates emotions.

4. Find that feeling

This activity is like a word search puzzle where an individual looks for different emotions listed in the grid. Finding these words reinforces emotional vocabulary and recognition skills.

5. Relaxation thermometer

The relaxation thermometer is a tool where one can rate their level of stress or relaxation on a scale. By identifying where they fall on the thermometer, they become more aware of their feelings, which can help them choose appropriate relaxation techniques to self-soothe.

6. Calm down space

This is great especially for children. A calm down space is a designated area filled with comforting items like soft cushions, books, and sensory toys. It allows children to relax when they feel overwhelmed and helps them regulate their emotions by giving them a private spot to calm down and reset.

7. Feelings check-in

Regular feelings check-ins provide a safe space for children to share their emotions with descriptive words. These check-ins help children express themselves, build empathy, and practice active listening, fostering an emotionally supportive environment.

8. Gratitude activities

Gratitude activities like keeping a gratitude journal encourage children to reflect on what they're thankful for each day, which can improve self-esteem and foster a positive mindset. Practicing gratitude helps reinforce emotional intelligence and promotes overall well-being by focusing on the positive aspects of life.

References

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