

# *Understanding Emotional Literacy*

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## What is Emotional Literacy

Emotions describes how we read, interpret or understand something we physically feel in our body.

For every emotion there is a physical feeling.

Sometimes emotions may be so strong they can make us feel a bit sick.

You might think that means those emotions are bad? That should make complete logical sense but unfortunately, it's not so.

Let's get working on building our emotional literacy together...

# What do you feel when you are Happy?



Write or talk about what you feel in each of these parts of your body when you've been happy recently?

- Stomach
- Throat
- Fingers
- Chest
- Feet

# What do you feel when you are Sad?



Write or talk about what you feel in each of these parts of your body when you've been sad?

- Stomach
- Throat
- Fingers
- Chest
- Feet

*Lets take a  
deeper look  
at this*

So before we said, that if an emotion might be described as making you feel sick, you could logically assume that emotion must be something like;

Sad, Nervous, Angry, or Scared..

Look back at your answers over the last pages. You will likely see there are things you feel at the same for both good and bad emotions.

Have a go at trying this for some more emotions you might feel, for example;

- Nervous or Excited
- Agitated or Enthusiastic
- Scared or Alert