

## 9.3

# Identifying an increasing range of emotions and feelings in ourselves and others

### Why is this important?

Facial expressions convey numerous and complex emotional states and we begin to infer another person's feelings by watching how they react/feel (from happiness, sadness, anxiety, etc.).

They are an important part of emotional intelligence and link closely to being able to make inferences.

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### What to do

- In pairs or a small group, act out scenarios by allocating roles: a scene in a shop perhaps – a long queue, an annoyed customer, etc.
- Encourage children to work out feelings from gestures, tone of voice, body language and facial expression.
- Use illustrated stories or composite pictures: look at the scene and then work out the feelings of the characters (e.g. a messy bedroom discovered by Mum! 'Look at her face, how does she feel?').

## Learn Feelings and Emotions

<https://www.youtube.com/watch?v=37w9JjUWN30>