

Lessons in Emotional Literacy

Why do we teach about emotions? Surely they take care of themselves!

It is important for our students to recognise their emotions and describe situations that may evoke them. By comparing their emotional responses to their peers, children will understand how they vary in depth and strength. This will allow them the opportunity to examine the influences on, and consequences of their responses on themselves and others around them.

By understanding and reflecting on their feelings, our students are more able to moderate their responses when they are expressing their opinions, values and choices.

So you can see why we spend time teaching emotional literacy. The emergence of emoticons also helps us communicate our feelings, even in SMS. ☺

Our Room 1 students have really nailed it in these drawings.





