

# Emotional Literacy



- Emotional literacy is the ability to identify, understand, and express emotions in a healthy way.
- Children with a strong foundation in emotional literacy:
  - Work through frustration
  - Have more positive interactions
  - Are healthier
  - Are less impulsive
  - Have more focus
  - Empathetic

Some **key things to remember** about feelings/emotions are:

- Feelings change
- You can have more than one feeling about something
- All feelings are valid – it is what you do with them that counts.
  - E.g. “It’s okay to feel frustrated; it is not okay to push your friends.”
- You can feel differently than someone else about the same thing.

