**Illustrations of Practice: Teaching emotions**

Hannah, what is emotional literacy?

Well, being able to tell by someone's body language whether they're not okay.

Okay.

For example, if someone's like, "I'm okay", and they're saying it in an angry voice

you're not just going to walk off and say, "Yeah, they just said they're okay".

Interpreting body language.

Interpreting body language, absolutely. Thank you Hannah.

Let's bring it back a little bit to the exercise that we just did.

Coming up with our problems and designing their solutions.

Using our lego, working in a team.

How does that have anything ought to do with emotional literacy?

Because like, when everyone was working together

You don't want to leave people out like because if you leave someone out

they might get a little sad and just feel a little left out.

Because we want to include everyone.

We want to include everyone. To then tie in what Hunter was saying about knowing

what help they might need, and help seeking, and what Harriet was saying about knowing

how to act in that situation, how to get the best out of everyone working in our team.

And not just in everyone else but in who?

Yourself?

Absolutely! Yeah Absolutely.

Have we got that on there? Our self regulating our emotions.

If we can recognise, thanks Rubes, if we can recognise what emotion we're feeling,

how do we get out of it? Alegra?

Should we have our own strategies?

Well done!

So, we know our triggers, okay, in that activity

You might have had a really good idea to share and you didn't want to wait your turn

and you just wanted to call out, and then other people were trying to be leaders

and trying to help everyone have that opportunity. And you just really wanted to share.

You know that your trigger is, I'm feeling really anxious, I've got to get this out. What should I do?

You might then employ a?

A strategy.

So you recognise that in yourself.

And you're thinking, hang on I'm working in a team, I'm cooperating, I'm collaborating,

I'm communicating.

I'm going to take my three calming breaths over here.

No one needs to know I'm doing my three calming breaths.

I could be doing my three calming breaths right now.

No one needs to know, because that's your own personal strategy and you're like,

to be an effective member of this team

I need to chill and wait my turn.

We know that a lot of emotional literacy

is body language.

We know that reading people's body language, and interpreting it accurately, is really important.

We're going to play a little game.

In partners, you're going to get a pack of cards. You're going to put them face down.

You're going to take turns. You can decide who goes first.

You're going to draw off the top of the pack, a card.

On that card it has a list of body language.

Things that you could do.

You're going to act them out.

Your partner has to guess the emotion that you are showing

through that body language. If they get it right, they get a turn.

If they get it wrong, you have another turn.

You might need to improve your acting skills, or they might need to improve their body language interpretation.

Yeah, what's another way of describing bored?

Lazy?

Mmm, are you very...

Not interested?

Yes! Spot on. Not interested, you are not interested in,

I am not interested in what you're doing right now, right?

She's frowning, she's huffing and puffing.

She's shaking her head. Oh she's not happy.

Issy are you frustrated?

Do you know what that means?

So, let's say you're trying to win a game. And you try and try and try and try and try.

And then you can't do it.

Gah, I want to win this game!

You're frustrated.

If you've finished with your cards, why don't you have another go, and as I was talking to

Jode and Hunter, try a less stereotypical view of your emotion.

So sometimes it's really easy.

It's the stereotypical. It's the way that we always express anger in the cartoons.

You know the steam coming out of their ears,

and they go all red and it's really easy to pick up that emotion.

That's fine but we're in Year 6 and we know that emotions are really complicated.

And sometimes we need to be a little more sophisticated in how we interpret them.

So try and show a less obvious body language for that emotion.

Might just be the clenching of your jaw.

Or it might be like that fake smile with angry eyes.