

Building relationships and communicating: Exploring feelings



- I express my feelings through body language and sounds.
- I express my feelings using exaggerated facial expressions.
- I show awareness of the feelings of others, for example, comforting someone who is upset.
- I can communicate feelings in play.
- I use signs or words to comment on or communicate feelings.



Things to help me grow

- Model the use of feelings signs and words, decide key words you will use, in play and during everyday situations.
- Name children's emotions when they are expressing them by actions or body language.
- Explore facial expressions in the mirror, naming those that may express feelings.
- Explore feelings in simple role play situations, for example, baby crying, baby sad.
- Use books to explore feelings.

Making things easier

- Have pictures or symbols of emotions to support communicating emotions.
- Use signs to support understanding feelings and ability to communicate.

Helpful Links:

