



EMOTIONAL LITERACY GAMES

Why?

Noticing and identifying how we are feeling is really important for our emotional wellbeing. If we can express how we are feeling, it can not only help us to understand the different feelings within our body, but it also enables us to share with others, who can then help us to respond to these feelings.

Try these games to think about the different ways you or others could be feeling...

You need: pens, pencils or paint and paper, card or cardboard, maybe a dice and counters or you can create your own.



Helpful Questions/starting points

- Name one thing that may make you feel... (excited, sad, happy, and so on).
- Show how you look when you feel...
- Name one way you can tell how someone else feels...
- Name one thing you can do when you feel...
- Name one thing you can say when you feel...
- What is one feeling you have had today?
- What is something that makes you... (mad/sad/happy/nervous...)?
- When was a time when you were...?



Choice and Control

Sharing Ordinary Places

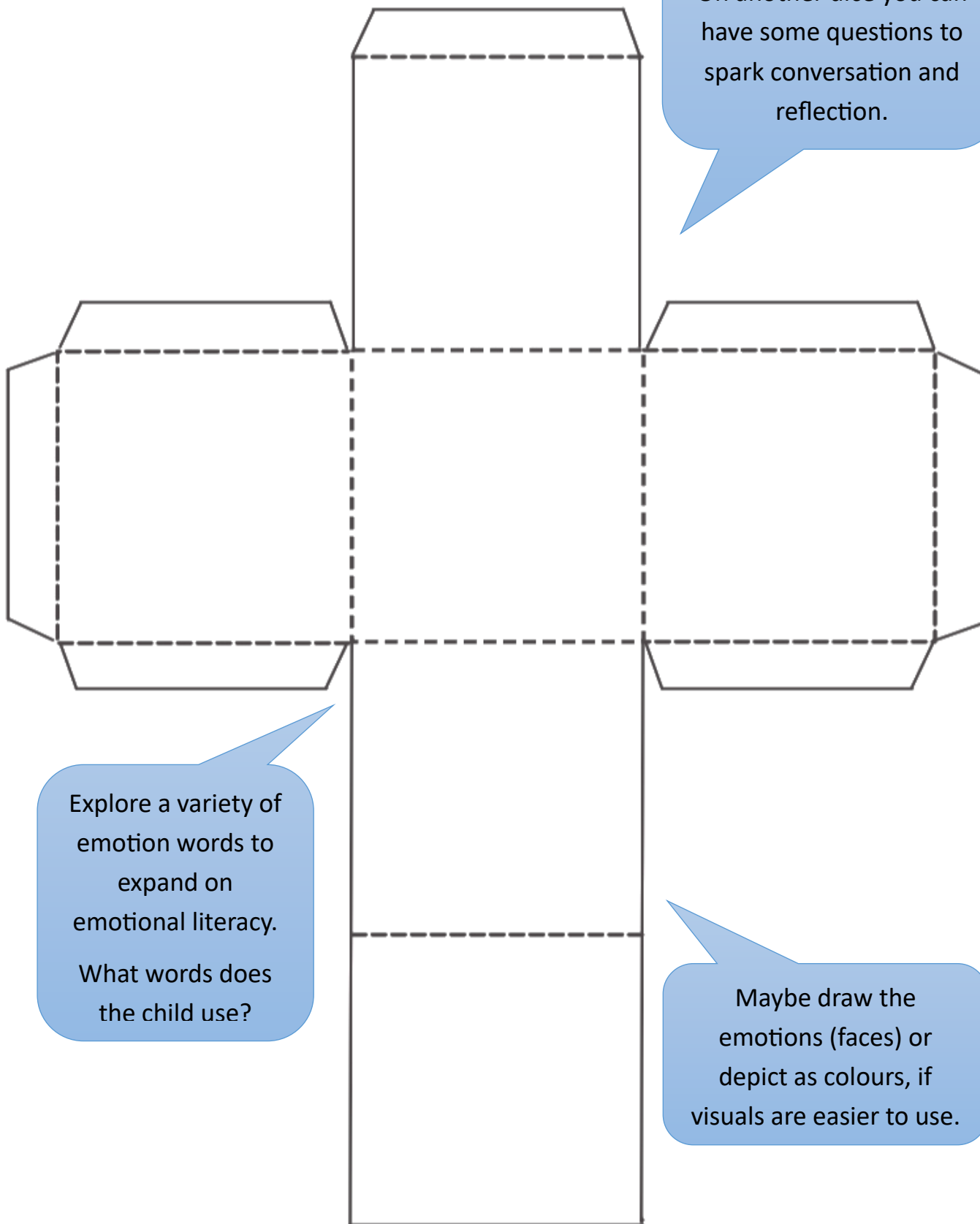
Being Someone

Contribution

Belonging

Cube Pattern

Cut on solid lines - Fold on dashed lines



On one dice you might have different emotions.

On another dice you can have some questions to spark conversation and reflection.

Explore a variety of emotion words to expand on emotional literacy.
What words does the child use?

Maybe draw the emotions (faces) or depict as colours, if visuals are easier to use.



Emotion Bingo

Choice and Control

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Being Someone

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Belonging

Pick ...	Think of and share:

Choose a medium that links to the child's interests.

Can it be colours, characters, food items... something else?

We've used the phrase:

"A time you felt [insert emotion word]".

However, you can vary the question/statement as the child develops their emotional literacy. For example, expanding to think of how others may feel.

For more information about how we could work with you please contact:
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