



Mini Lesson: Supporting Emotional Literacy Basket 2 Learning to See

Focus

Supporting Emotional Literacy

Introduction

Emotional literacy is the foundation of social and emotional learning. It is a child's ability to identify emotions in themselves and others, and to express their emotions in a healthy way. An important part of supporting children's emotional literacy is building emotional vocabulary. Educators can use many strategies to expand the number of words children have to describe how they feel. The resources provided below provide information on this topic and offer interconnected information.

Instructional Videos

Based on what you know about yourself and your learning preferences, choose at least two of the videos below to learn about the topic. Notice that these resources build on one another around a common topic.

- [Emotional Literacy](#)
- [The Importance of Emotional Literacy](#)
- [Practices in action: How Did You Feel?](#)
- [Practices in action: Signs for Emotions](#)
- [Practices in action: Expansions Going Outside](#)

Supporting Materials

Review the articles below to become familiar with strategies for fostering emotional literacy in young children.

- Joseph, G. (2010). [Enhancing emotional vocabulary in young children](#). *Center on the Social and Emotional Foundations for Early Learning*.
- Joseph, G., Strain, P., & Ostrosky, M.M. (2005). [Fostering emotional literacy in young children: Labeling emotions](#). *What Works Brief #21, Center on the Social and Emotional Foundations for Early Learning*.



Linked Media

Title
Emotional Literacy
Source Link
https://cdn2.webdamdb.com/md_2Mn52d44AXi6.mp4?1547662666
Embeddable Media
<code><iframe width="1280" height="960" src="https://earlyedu.webdamdb.com/embedvid.php?embedAssetId=2Mn52d44AXi6&apm=0" frameborder="0" scrolling="no" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe></code>
Description
A lecture-style presentation by Gail Joseph, PhD. introducing the concept of emotional literacy as part of the third level of the Teaching Pyramid, Social and Emotional Teaching Strategies. She explains how to use direct teaching to teach emotional literacy along with clips showing an educator using the strategy.
Duration
6:56

Title
The Importance of Emotional Literacy
Source Link
https://cdn2.webdamdb.com/md_6iJWIGGMqun1.mp4?1547662692
Embeddable Media
<code><iframe width="1280" height="960" src="https://earlyedu.webdamdb.com/embedvid.php?embedAssetId=6iJWIGGMqun1&apm=0" frameborder="0" scrolling="no" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe></code>
Description
A lecture-style presentation by Gail Joseph, PhD., that explains research showing how often children who display challenging behaviors have decreased emotional vocabulary. Joseph describes how incidental teaching can be used to teach children all kinds of emotion words throughout the day.
Duration
10:09

Title
How Did You Feel?
Source Link
https://cdn2.webdamdb.com/md_wVLT9zgheqh6.mp4?1588009580
Embeddable Media
<code><iframe width="1280" height="960" src="https://earlyedu.webdamdb.com/embedvid.php?embedAssetId=wVLT9zgheqh6&apm=0" frameborder="0" scrolling="no" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe></code>
Description
In this video an educator discusses feelings during circle time. A child shares feeling scared during a storm. The educator provides emotional vocabulary for the children as they identify emotions.
Duration
1:48



Linked Media, cont.

Title
Signs for Emotions
Source Link
https://cdn2.webdamdb.com/md_dZHC3zFNC954.mp4?1588006340
Embeddable Media
<code><iframe width="1280" height="960" src="https://earlyedu.webdamdb.com/embedvid.php?embedAssetId=dZHC3zFNC954&apm=0" frameborder="0" scrolling="no" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe></code>
Description
In this video an educator shows children signs for emotions during circle time. The teacher promotes emotional literacy through identifying emotions and helping children express them.
Duration
0:44

Title
Expansions Going Outside
Source Link
https://cdn2.webdamdb.com/md_03r16WBxgVUo.mp4?1657310245
Embeddable Media
<code><iframe width="550" height="413" src="https://earlyedu.webdamdb.com/embedvid.php?embedAssetId=03r16WBxgVUo&apm=0" frameborder="0" scrolling="no" webkitallowfullscreen mozallowfullscreen allowfullscreen></iframe></code>
Description
In this video a child asks the teacher a question about a peer as they prepare to go outside. The teacher engages the child in extended conversation, promoting emotional vocabulary, connections to peers, and encouraging independence.
Duration
1:05

This document was developed with funds from Grant #90YT000037-03-00 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, Tribal Colleges and Universities Head Start Partnership Program. It was developed in collaboration between Fond du Lac Tribal and Community College and EarlyEdU Alliance. This resource may be duplicated for noncommercial uses without permission. (c) 2023 EarlyEdU Alliance and Fond du Lac Tribal and Community College.

