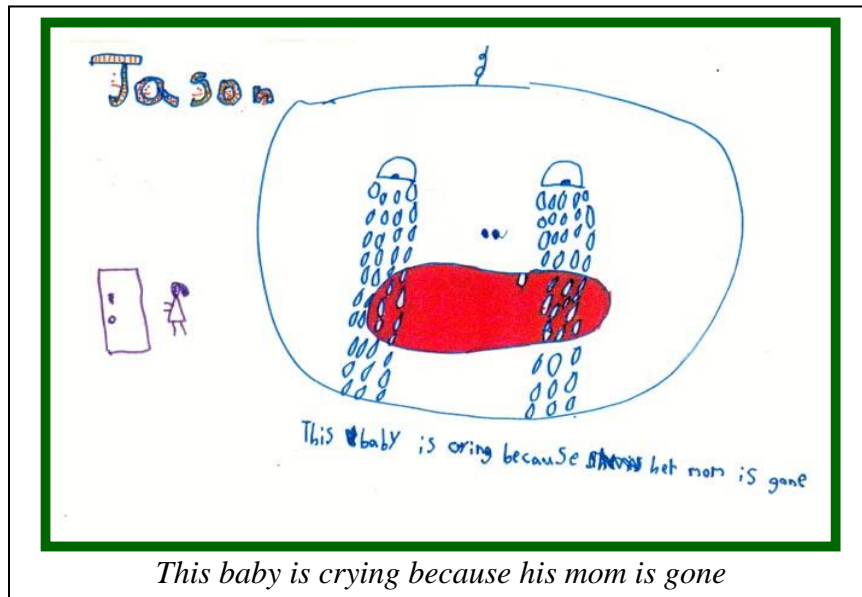


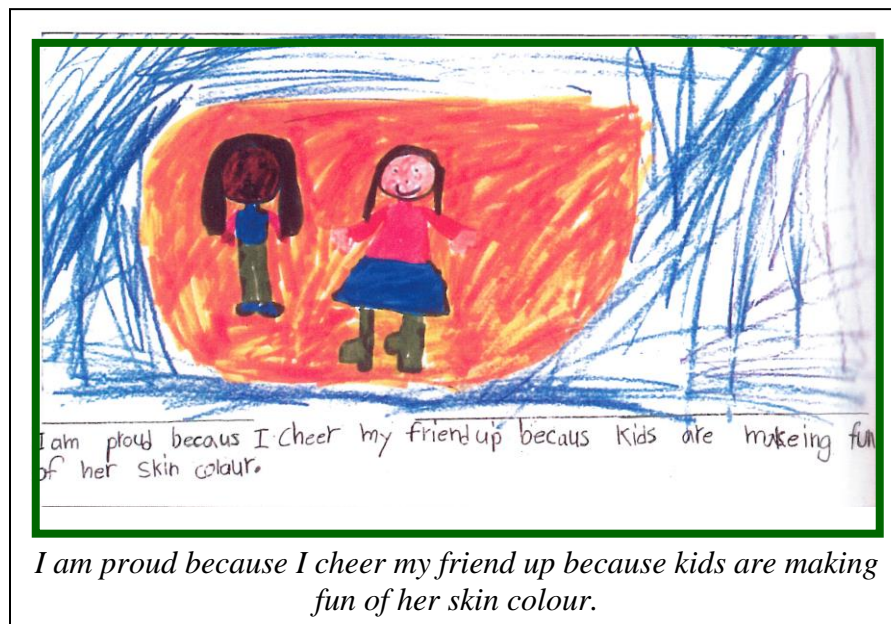
Emotional Literacy

Emotional Literacy is the ability to identify and name one's own emotions and be able to express them.

Step 1 – Observation and labelling of baby's emotions

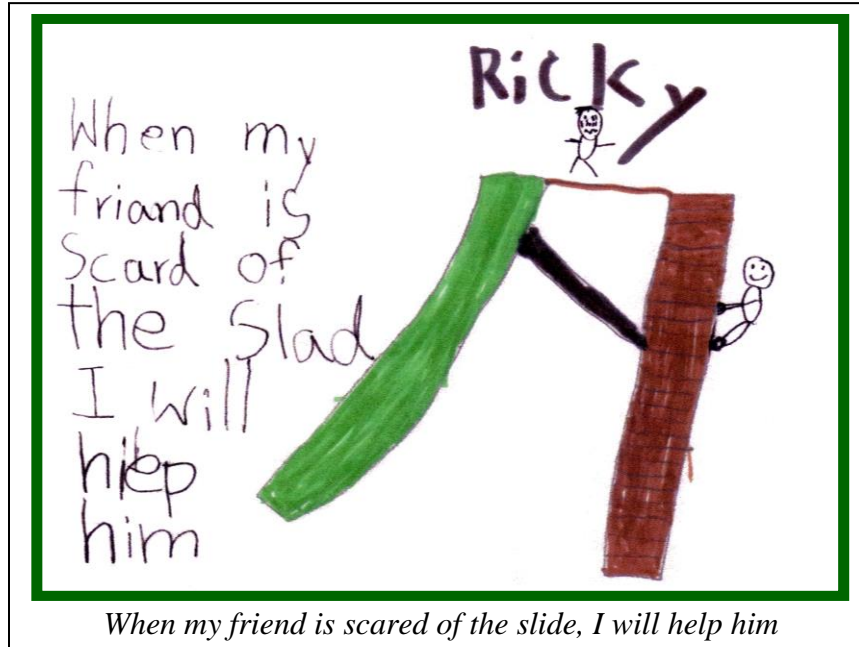


Step 2 – Reflecting and identifying own emotions



Emotional Literacy

Step 3 - Understanding the emotions of others (empathy)



Step 4 - Comfort in discussing emotions

