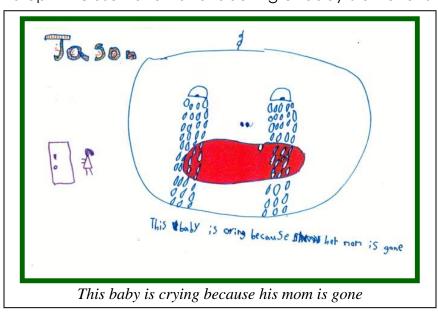


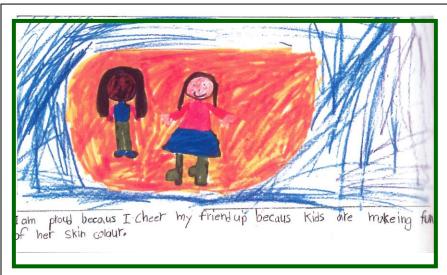
Emotional Literacy

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



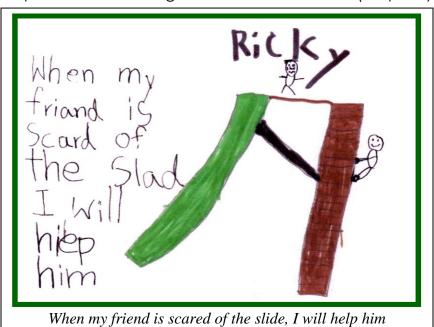
I am proud because I cheer my friend up because kids are making fun of her skin colour.

page 1 of 2 **Emotional Literacy**



Emotional Literacy

Step 3 - Understanding the emotions of others (empathy)





What can Roots of Empathy teach the world? To be nice to Everybody in the wrould

Bubbles ... "I am sad. I don't fit in." "yes you do. you fit in with me."

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