



## Emotional Literacy Suggested Resources

Adams, E. (2011, May). Teaching children to name their feelings. *Young Children*, 66–67.

[https://www.naeyc.org/files/yc/file/201105/Naming\\_Feelings\\_RocknRoll\\_OnlineMay2011.pdf](https://www.naeyc.org/files/yc/file/201105/Naming_Feelings_RocknRoll_OnlineMay2011.pdf)

This article talks about ways that caregivers can support the emotional literacy of infants and toddlers.

Book List. *Center on the Social and Emotional Foundations for Early Learning, Vanderbilt University.*

<http://csefel.vanderbilt.edu/documents/booklist.pdf>

This list has children's storybooks that teachers can use to support social and emotional development.

Book Nook. *Center on the Social and Emotional Foundations for Early Learning, Vanderbilt University.*

<http://csefel.vanderbilt.edu/resources/strategies.html#booknook>

These guides provide teachers and parents with hands-on, book-related activities to build social emotional skills.

Joseph, G., Strain, P., & Ostrosky, M. (2005). Fostering emotional literacy in young children: Labeling emotions (What works briefs 21). *Center on the Social and Emotional Foundations for Early Learning, Vanderbilt University.* [http://csefel.vanderbilt.edu/resources/what\\_works.html](http://csefel.vanderbilt.edu/resources/what_works.html)

This brief presents information about children's emotional literacy and how adults can foster it.

Joseph, G., & Strain, P. (2003). Enhancing emotional vocabulary in young children. *Center on the Social and Emotional Foundations for Early Learning, Vanderbilt University.*

<http://csefel.vanderbilt.edu/modules/module2/handout6.pdf>

In this article, the authors talk about teaching young children emotional vocabulary, as well as helping them to identify emotions accurately and to express them in healthy ways.

National Center on Quality Teaching and Learning and Register Productions. *Real to Reel: Exploring Culture and Emotions.* <http://www-psych.stanford.edu/~tsailab/mediacoverage.htm>

In this video, Dr. Jeanne Tsai of Stanford University shares research that shows that cultures value different emotions. Understanding the context of children's emotions can help teachers to better support children's social emotional skills.

U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start. *How Does Your Child Feel?* Washington D.C., Spring 2013.

<https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/docs/caring-community-family-tips-feel.pdf>

This tip sheet for families focuses on encouraging parents to share feeling words with children.