

## Emotional Literacy

[Music]

Narrator: Think of an emotion. Any emotion. Do you have one? What is it? Is it happy or sad? Excited or frustrated? Hopeful or disappointed? Hundreds of emotion words exist to help us express the way we feel. When we learn this vocabulary and are able to accurately label our feelings, we can more fully understand, readily identify (in ourselves and others), and, perhaps most importantly for caregivers of young children, bring intention to how we manage and express our emotions.

[Classroom noise]

Narrator: Early childhood is an optimal time to guide children in learning about emotions. Infants begin learning about emotions from the time they are born, as they interact with caregivers and observe their emotional cues. Young children who can accurately read cues from others' emotions and make healthy decisions about their own are more ready for school success. They make friends more easily and can better concentrate on learning.

In this module, you'll learn about emotional literacy and effective practices that specifically encourage children's emotional vocabulary. You'll have opportunities to watch teachers introducing emotional vocabulary and helping children identify emotions in themselves and others. And you'll have chances to try out and plan to use these practices with children in your setting.

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