

# What is Emotional Language Building?

## Emotional Language Building supports children to:

- Define the emotions/feelings: happy, sad, worried, annoyed, ok.
- Consider how facial expressions may change depending on emotion/feeling being felt and what this might look like.
- Consider how the body might change depending on the emotion being felt and what this might look like.
- Identify situations/scenarios which may evoke certain feelings and what to do in these situations.

## Key Information:

- **Who is it for?** Children in EYFS and Key Stage 1.
- **How many children can be in a group?** 3-5 children.
- **How long is a group?** 30 minutes Weekly over a 6-week period.
- Discussing feelings/emotions aids communication of what is needed.
- Emotions motivate behaviour and are essential to survival.
- Emotions are involuntary and often caused by specific situations.
- Behaviours, including emotions are a form of communication.

## What do I need?

- 'Emotional Language Building' Targeted Group Pack - *Available via the Communication Hub.*

Training is available as part of the Local Offer via the [Services2Schools website](#).

## What are the main elements?

- A new emotion/feeling is discussed each session, using the following format:
  - Introduce the feeling/emotion.
  - Discuss how emotions look in terms of facial expression and body language.
  - Discuss scenarios where the emotion may be felt.