

Core self: Teach the child to understand other people's feelings

Approximate time: 20 minute tutor time session

Materials: Feelings and emotions handout

Aim/outcome: To encourage students to identify different feelings

Explanation:

- Cut out the emotion cards and put them in a bag. Then ask students to volunteer to pick one out and mime the emotion written on the card.
- Encourage students to guess what the emotions are and ask them to think of a time when they felt that emotion.
- Once the activity has been completed ask students:
- Why do they think it is important to recognise other people's feelings?
- Is it easy for you to put yourself in other people's shoes and understand what they are feeling?
- Do they think it is important that their feelings are heard and understood?
- It is important to talk about feelings?
- Do you know how to understand other people's feelings in social situations?

Expansion activity:

Using the emotional cards ask students in small groups to act out a scene where they felt that emotion. A scene where someone feels sad, angry, lonely, isolated and then ask the rest of the class to discuss what they believe the students acting should do next.

One-to-one:

Using the emotion cards ask the student to pick a card out of the bag and then describe a time when they felt that emotion.

Students say: Some students will really struggle with identifying and naming emotions and empathising with other people's feelings. This is a gentle opening discussion exercise and students should not be made to feel inadequate if they do not understand other people's emotions - this is something they can learn over time.

Feelings and emotions handout

Lonely	Disappointed
Hurt	Excited
Confused	Frustrated
Ashamed	Happy
Angry	Embarrassed
Scared	Numb
Bored	Irritated
Sad	Nervous
Stressed	Overwhelmed