

# Emotional Literacy

## Additional training materials

Watch the short training video...

[www.youtube.com/watch?time\\_continue=1&v=MSCUcLtFkaA](https://www.youtube.com/watch?time_continue=1&v=MSCUcLtFkaA)

Discuss the impact emotional literacy can have on a pupil's wellbeing.

- How can you improve the emotional literacy skills of pupils?
- Do you use or teach a range of words that enable pupils to express their feelings and emotions?
- Do pupils have an opportunity to explore their feelings?
- Do they always understand the emotion they are expressing? Do you give time to explore or discuss it?
- How can emotional literacy improve behaviour?
- How can emotional literacy improve standards?
- Discuss how emotional literacy can reduce frustration and stress.
- Is emotional understanding progressive?
- What emotions do you expect different age groups to understand and which do you think they wouldn't be able to understand?

Will you change something based on this discussion, if yes, what?

**How do I feel right now? (120 words)**

Absorbed	Delighted	Hopeless	Rageful
Adoration	Depressed	Horrified	Regretful
Afraid	Disappointed	Hostile	Rejected
Aggravated	Disgraced	Humiliated	Relaxed
Alarmed	Disgusted	Hurt	Relieved
Alienated	Disillusioned	Indifferent	Resentful
Amazed	Disliked	Inferior	Restless
Ambivalent	Dismayed	Insecure	Revulsion
Amused	Disoriented	Insulted	Sad
Angry	Distrusting	Interested	Safe
Annoyed	Dreading	Intrigued	Satisfied
Anticipating	Eager	Irritated	Scared
Anxious	Elated	Isolated	Scornful
Attraction	Embarrassed	Jealous	Self conscious
Awkward	Enthusiastic	Joyful	Shamed
Bitter	Envious	Liking	Shocked
Bored	Exasperated	Lonely	Sorrow
Brave	Excited	Love	Spiteful
Calm	Exhausted	Melancholy	Stunned
Caring	Exhilarated	Neglected	Suspicious
Cautious	Fearful	Nervous	Sympathy
Cheerful	Fondness	Numb	Trusting
Comfortable	Frustrated	Optimistic	Uncertain
Compassionate	Grief-stricken	Outraged	Uncomfortable
Concern	Grumpy	Overwhelmed	Vengeful
Confident	Guilty	Panicked	Weary
Confused	Happy	Pity	Worried
Contempt	Hateful	Pleased	
Content	Helpless	Powerless	
Curious	Hesitant	Preoccupied	
Defeated	Hopeful	Proud	