



## Emotional Literacy

### Learning Activity

### *Using Books: Emotional Literacy*

#### Objective

To plan and be intentional about using books to encourage children's emotional literacy

#### Instructions

Choose a storybook and read or review it. Use this form to plan a lesson with related language and activities that teach children emotional literacy. A resource list with storybooks that support children's emotional and social development is on the Center on the Social and Emotional Foundations for Early Learning website: <http://csefel.vanderbilt.edu/documents/booklist.pdf>

**Book name:**

**Lesson objective:**

**Language:** List specific language to use to talk about feelings and emotion words to teach while reading or looking at the book with children. For instance, you could ask: "What do you think the boy feels when the dog runs toward him? Why do you think that?"

**Activities:** This can be as simple as planning to ask children to describe times they have felt angry or to invite children to act out a story where characters express strong emotions. These activities could tie to discussions you had about a character in the book feeling angry or feeling intense emotions.