
Supporting emotional vocabulary at home

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Workshop intentions:

Today we will be talking about what emotional vocabulary is and how we can reinforce the learning and understanding of this at home to support our young people's understanding, wellbeing and emotional literacy.

1. Introduction to emotional vocabulary and why this can be hard for our pupils.
2. Introduction/recap of Zones of Regulation.
3. Resources that can be used at home.

Emotional Vocabulary- What is it?

Emotional Vocabulary

Emotional Vocabulary are the words to describe **our own and others** emotional states.

We can think of emotions as basic: happy, sad, angry, fear, surprise, disgust

But the reality of emotions are various intensities and 'shades' e.g. furious, disappointment, elated, excited, calm



VERY STRONG



STRONG

MEDIUM

SMALL

LITTLE

CALM AND RELAXED

Adjective

Describing word

- Sad
- Depressed
- Joyful
- Surprised
- Excited

Verb

Doing word

- Crying
- Laughing
- Screaming
- Hiding
- Cowering

Emotion Vocabulary- why this can be hard

Learning and understanding different emotions can be hard for a variety of reasons:

- Difficulty noticing how our bodies feel (interoception)
- Language difficulties including categories, grammar,
- Difficulties understanding that other people may think or feel differently to us
- Difficulty or inability to recognize or describe one's own emotions.
(Alexithymia)

Ways to support emotional vocabulary

Zones of Regulation

- Emotions are felt within our brain and body and we all are continually trying to regulate these, whether we are aware of it or not.
- For our young people, this can often be a skill that needs more attention and practise.
- Zones of Regulation is a tool to help identify, recognise and help regulate emotions by organising our feelings, states of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red.

Zones of Regulation

The ZONES of Regulation

			
Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone overjoyed/Elated Panicked Angry Terrified

Get Me To Green Booklet



I am feeling... ☐

☐ **hitting** 

☐ **shouting** 

☐ **angry** 

☐ **furious** 

I am feeling... ☐

☐ **Calm**

☐ **Happy**

☐ **Ok**

☐ **Ready to learn**

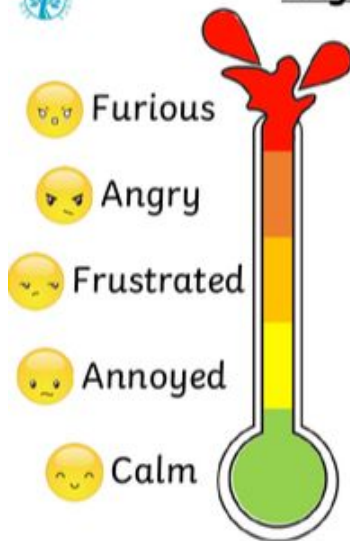





Emotion Thermometers

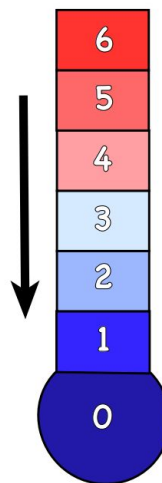


Anger Thermometer



My Triggers	My Calming Techniques
I feel furious when	When I feel this way I could try
I feel angry when	When I feel this way I could try
I feel frustrated when	When I feel this way I could try
I feel annoyed when	When I feel this way I could try
I feel calm when	When I feel this way I could try

Relaxation thermometer



	Angry
	Frustrated or annoyed
	Sad or upset
	Beginning to calm down
	Relaxed
	Very relaxed
	Deeply relaxed

Body Map For Emotions

HOW ANGRY FEELS
In My Body

Name: _____



My ears feel: _____

My eyes feel: _____

My face feels: _____

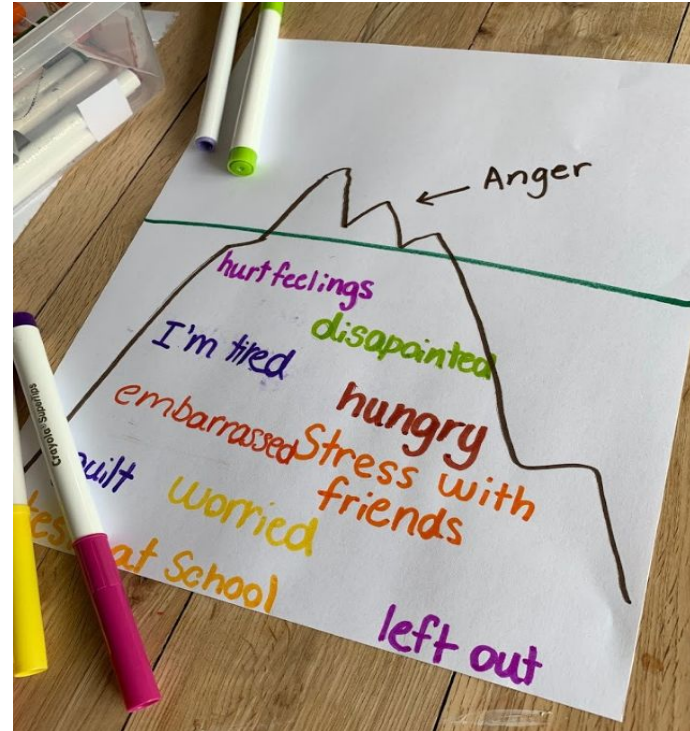
My mouth feels: _____

My belly feels: _____

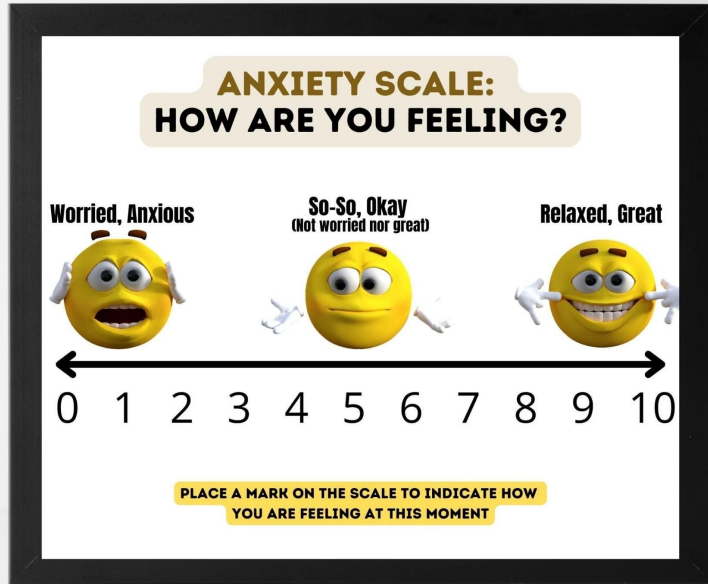
My hands feel: _____

My feet feel: _____

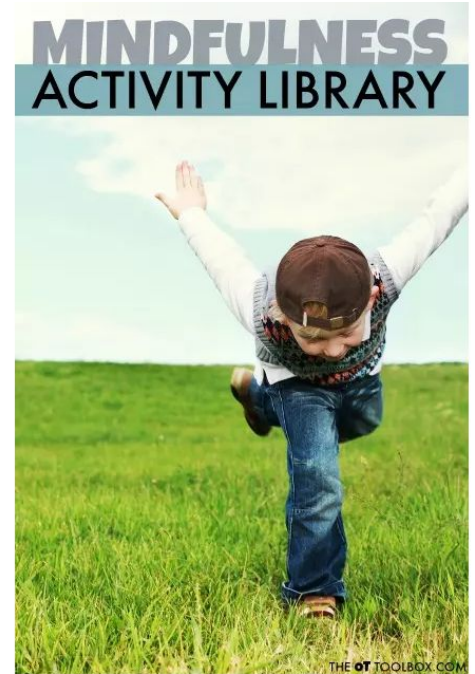
The Anger Iceberg



PRINT. LAMINATE. AND ENJOY!



Noticing and labeling how your body feels



Using Animations/Videos/Books

Animations can be a great way to teach and explore different feelings.

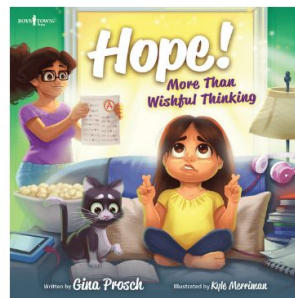
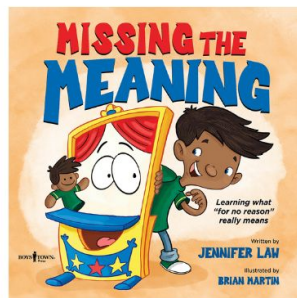
While watching your favourite shows, pause to discuss:

How someone is feeling?

How do you know?

What made them feel that way?

Have you ever felt like that before?



Takehomes

- Emotional vocabulary can be hard for young people to learn and understand.
- Emotional vocabulary is about us but also relates to others.
- We can teach and discover emotional vocabulary incidentally throughout the day and at home.

Thank you!