

Emotional Literacy

I can...	Novice (No)	Developing (Not Yet)	Secure (Yes)
Identify a range of emotions			
Describe a range of emotions			
Explain a range of emotions			
Identify positive and negative emotions			
Identify what makes me experience certain emotions.			
Explain what a variety of emotions may look like in myself.			
Explain how a variety of emotions may make me feel.			
Recognise emotions in other people.			
Describe what a range of emotions may look/sound/feel like			
Understand that people may show their emotions in different ways.			
Give examples as to why someone may express their emotions differently to others.			
Identify strategies that help me to deal with negative emotions.			