



Emotional literacy helps us to express our feelings and thoughts and understand why we may feel a particular way.

Recognising the signs in our body can help us to navigate our 'big emotions' and respond in a calm and appropriate manner. Recognising the emotions in others enables us to feel empathy and show understanding and help us to create meaningful relationships

Here you will be able to access useful information, guides, websites & apps. Each newsletter will focus on a specific area around your child's social and emotional needs

Emotional
Literacy
Support

Working
together to
support
you & your
child

Welcome to the
1st edition of
ELSA
ParentMail

THE 5

COMPONENTS OF EMOTIONAL INTELLIGENCE

1

SELF-AWARENESS

The ability to recognise what you are feeling & how your emotions may affect others



2

SELF-REGULATION

Being able to regulate & manage emotions & recognising the appropriate time & place to express them

3

MOTIVATION

To understand your own desire to fulfil a goal & to find things that may motivate you beyond money, fame & success

4

EMPATHY

To understand what others may be feeling or going through & respond kindly & thoughtfully



5

SOCIAL SKILLS

To be able to communicate effectively, and when ready, to interact with others



WHERE CAN I GET MORE INFORMATION ABOUT EMOTIONAL LITERACY

Mind<https://www.mind.org.uk/for-young-people/feelings-and-experiences/>

How we feel - APP

Therapy Changes

You tube - develop EI in children

Parenting Tips:
Developing Emotional
Intelligence in Children
(youtube.com)

Child behaviour and mental wellbeing advice for parents (actionforchildren.org.uk)

<https://parents.actionforchildren.org.uk/>