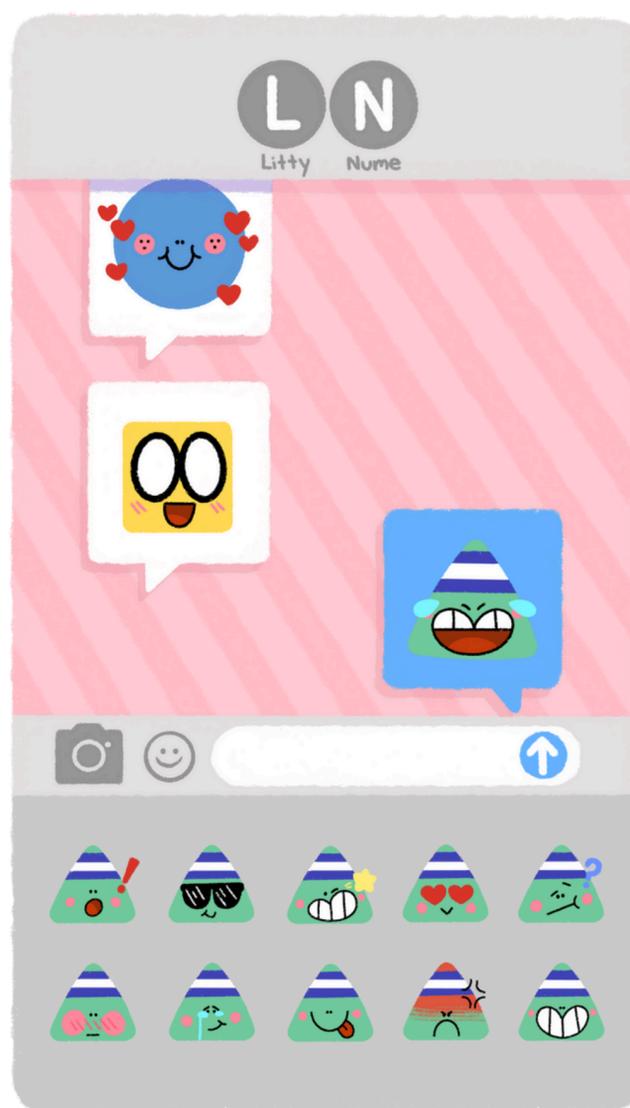


TOYBOX



More than Words

Reading Body Language

Goal: Talk about emotions, the types of situations that create them, and how certain feelings might look when we see them in others.

[Tip]: Look at photographs, story books, or even emojis, and ask questions like "Which picture shows how you might feel if you find money, forget your lunch, or open a present?" Make an emotion poster or book as a family to help identify and talk about feelings when they come up.

Why is this important? Feelings are read through facial expressions and body language. Understanding how emotions look is an important social and communication skill.

References:

Labunskaya, V. A. (2014). Preschool Children's Coding of Facial Expression of Emotions: Humanistic-psychological Approach. *Procedia - Social and Behavioural Sciences*, 146(_), 246-251. <https://doi.org/10.1016/j.sbspro.2014.08.122>