

# A Blog for Busy Teachers

FREE LANGUAGE-BASED TEACHING STRATEGIES

## Identifying Emotions

Navigating the social world requires understanding the emotions of ourselves and others. *Psychology Today* defines **emotional intelligence** as “**the ability to identify and manage one’s own emotions, as well as the emotions of others**” (Burton, 2016).

When teachers work to help students identify their emotions, it’s important to understand **why** we work to **identify** our emotions. Teachers can explain to students that:

- everyone has feelings
- accurate “labels” for these feelings (emotion words) can help us understand them

### 4 Steps for Identifying Emotions

1. What are **my senses** telling me?
2. Can I determine the **intensity** of the feeling (1-10)?
3. Can I put an “**emotion label**” on my feeling?
4. Can I figure out what is **causing** the emotion?

Creating visuals for students to see the range of human emotion is also important. Teach students the specific vocabulary for emotions, including the gradation within each type of emotion. It can be beneficial to reference the [wheel of emotions](#), or something similar, to help students see and understand that emotions go beyond simplistic sad/happy/etc.



# A Blog for Busy Teachers

## FREE LANGUAGE-BASED TEACHING STRATEGIES

Assist students in seeing emotions in action, through using clips of the movie *Inside Out* as an example. *Inside Out* tells the story of the emotions that live inside the brain of the main character (Riley) as well as those of her mother and father. The emotions in the movie are personified as the characters: Sadness, Joy, Fear, Disgust, and Anger.

### **Directions:**

#### **First, watch two video clips.**

- [#1 Introduction to Riley's Emotions](#)
- [#2 Inside Out Movie Trailer](#)

#### **Now, complete the table below.**

- Name three emotions from the videos.
- For each emotion, describe a situation from the video that caused it.

Emotion	Situation from the Video



# A Blog for Busy Teachers

FREE LANGUAGE-BASED TEACHING STRATEGIES

## Part 2: Identifying Emotions Scenarios

Once students can identify emotions in characters in a visual film, ask them to make a connection to their own lives or the world around them.

**Directions:** For each emotion, describe a situation in which you felt this way. If you can't think of a personal example, you can describe something from TV, movies, your friendships, or your imagination.

*Tip: Use a visual tool if you need help understanding the emotions below.*

Emotion	My Scenario
frustrated	
shocked	
proud	

### References:

Burton, N. (2016, August 11). What Is Emotional Intelligence? Retrieved from <https://www.psychologytoday.com/us/blog/hide-and-see/201608/what-is-emotional-intelligence>

