



## CONNECT TO THE CLASSROOM

# Plan Activities to Build Emotional Understanding

During the Plan Activities to Build Emotional Understanding T1 video, the teacher uses a shared book reading to show different emotions. She talks about the book and relates it to feelings. She reads a page while modeling those same emotions using her voice and facial expressions. She also relates emotions to things that the children have done and felt. For example, she explains that one of the children felt shy that morning when her daddy was going to leave the classroom. She persistently asks the children questions to see if they understood what she was describing.

Practice applying the key concepts demonstrated in this activity on your own.

- Scaffold understanding of emotional expression.
- Provide many examples of emotions.
- Model or describe what emotions look like.
- Give opportunities to respond.

### When you are finished, reflect on the following questions.

- 1 What book did you read with the children? \_\_\_\_\_

Did you model the emotions as you read? \_\_\_\_\_

Why or why not? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_
- 2 How did the toddlers respond? \_\_\_\_\_

Was this what you expected? Why or \_\_\_\_\_

why not? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_
- 3 What examples did you use to \_\_\_\_\_

make connections to the children's \_\_\_\_\_

experiences? Were these helpful? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_
- 4 What could you do differently next time? \_\_\_\_\_

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