

# Photo-Emotion Coaching - Level 1

(for young children with verbal or sign language skills, but without writing skills)

Parent participation is necessary:

- This learning can be done either one-on-one or with multiple children.
- Find a quiet space where there are minimal distractions.
- If preferred, you can cut out each picture.
- An emotion resource guide can be found on page 3.

## Let's start the fun!

1. Each of these pictures below have people who are expressing an emotion.
2. For each picture, ask your child(ren) which emotion they think this person (or people) are feeling?
3. After a response, affirm their answer.
4. Ask your child(ren) why they think that is the what the person/people are feeling?
5. You can also share what you think the emotion/feeling is in picture and why.

1.



2.



3.



4.



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11.



12.



### Emotion Reference:

1. woman: love, happiness baby: curious, happy
2. sad, upset
3. happy
4. boy 1: happy, excited boy 2: jealous, sad
5. girl 1: angry girl 2: angry, sad
6. sad, upset, lonely
7. boy 1: happy, excited boy 2: sad, angry, upset
8. boy: happy, surprised puppy: ?
9. happy, fun
10. love
11. sad, upset
12. tired, sleepy



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