

# Social-Emotional Learning - Level 1

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

## Requirements for this learning:

- Child or children within appropriate learning level participation
- Parent or child care giver participation
- Printer (optional)

## Note to Parent:

- Your child should be encouraged to share their thoughts and feelings with you.
- This learning is not intended to replace professional therapy or other mental health treatment. Please read our full disclaimer on page 3 prior to initiating this learning activity with your child.

## Let's get started!

Each of the pictures include people who are expressing an emotion. For each pictures ask your child:

1. What emotion do they think each person is feeling? (affirm their answer)
2. Why do they think the person is feeling that way, or what might have caused them to feel that way? (affirm their answer)
3. Share what you think that person is feeling and explain why.
4. Ask your child if they have ever felt that emotion and when.
5. For the fun of it, ask your child to pretend they are feeling the same way as the person in the picture and take a picture of them while pretending. Share the picture with your child.



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### Emotion/Feelings Reference

Below are suggestions of emotions for each picture. There may be multiple answers given a child's own experience. Affirming their answers is important. The objective is to explore and discuss with your child all the possible emotions.

1. Woman: love, happy    Baby: curious
2. Baby Girl: sad, angry, upset
3. Baby Boy: happy
4. Left Girl: sad, jealous, hungry    Middle Boy: happy, hungry    Right Boy: sad, jealous, hungry
5. Left Boy: happy    Right Boy: sad, jealous
6. Left Baby Boy: happy    Right Baby Boy: unhappy, upset
7. Woman: happy, love    Baby Girl: happy
8. Boy: surprised, happy    Puppy: ?
9. Left Girl: angry, upset    Right Girl: sad, angry, upset
10. Left Boy: happy or sad    Right Boy: happy or sad (sharing or not sharing)
11. Girl: sad, frightened, upset    Man: love, compassion
12. Boy: tired, sleepy

### DISCLAIMER:

This at-home social-emotional learning activity offered by the Focus on Love Foundation is provided for informational, reflective, conversational and emotion coaching purposes only, and should not be used to replace the specialized training, professional treatment, or professional judgment of a health care or mental health care professional.

The Focus on Love Foundation is not responsible for the personal usage or emotional responses, or consequences, as a result of using the learning materials provided. A child's social development varies from child-to-child and the parent, or adult care giver, is responsible for determining the appropriate level of social-emotional learning and age appropriateness of the learning materials offered. The Focus on Love Foundation recommends consulting with a trained mental health professional before your child participates in this Focus on Love Foundations at-home social-emotional learning activity.