



The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS

MY EMOTIONS DICTIONARY

TOOL: Prevention | Intervention

TARGET AUDIENCE: Elementary school children (beginning in cycle two)

TOOL INTENDED FOR: Elementary school children (beginning in cycle two)

DESIGN

Jeanne Lagacé-Leblanc
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MY EMOTIONS DICTIONARY

TOOL: Prevention | Intervention

TOOL INTENDED FOR: Elementary school children (beginning in cycle two)

TARGET AUDIENCE:

- Elementary school children (beginning in cycle two) who have difficulty managing their emotions, particularly children who are stressed, impulsive, inattentive, hyperactive, oppositional, aggressive, anxious, depressed or those with autism spectrum disorder.

NEEDS AND BEHAVIOURAL MANIFESTATIONS

- Difficulty recognizing their emotions or those of others.

SPECIFIC GOALS

- To empower the children to decode the main emotions from non-verbal cues in order to interact appropriately with others.

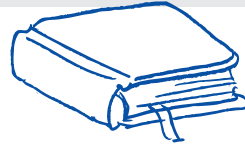
DESIGN

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MY EMOTIONS DICTIONARY



In this activity, you are asked to create your own emotions dictionary. To do so, complete the following steps:

- 1) For each emotion, practise and mimic the emotion with your face and body, for example, in front of the mirror. To help you, remember a time when you experienced this emotion.
- 2) Use a camera and take a picture of your **face** and **body** by imitating the requested emotion. You can ask an adult to take a picture of you.
- 3) Glue the photo onto the place indicated.
- 4) Display your emotions dictionary on a wall!





• • • Joy • • •

Insert a picture of your face here.

Insert a picture of your body here.

• • • Anger • • •

Insert a picture of your face here.

Insert a picture of your body here.



• • • Sadness • • •

Insert a picture of your face here.

Insert a picture of your body here.

• • • Surprise • • •

Insert a picture of your face here.

Insert a picture of your body here.



• • • Disgust • • •

Insert a picture of your face here.

Insert a picture of your body here.

• • • Interest • • •

Insert a picture of your face here.

Insert a picture of your body here.



• • • Fear • • •

Insert a picture of your face here.

Insert a picture of your body here.

• • • Shame • • •

Insert a picture of your face here.

Insert a picture of your body here.