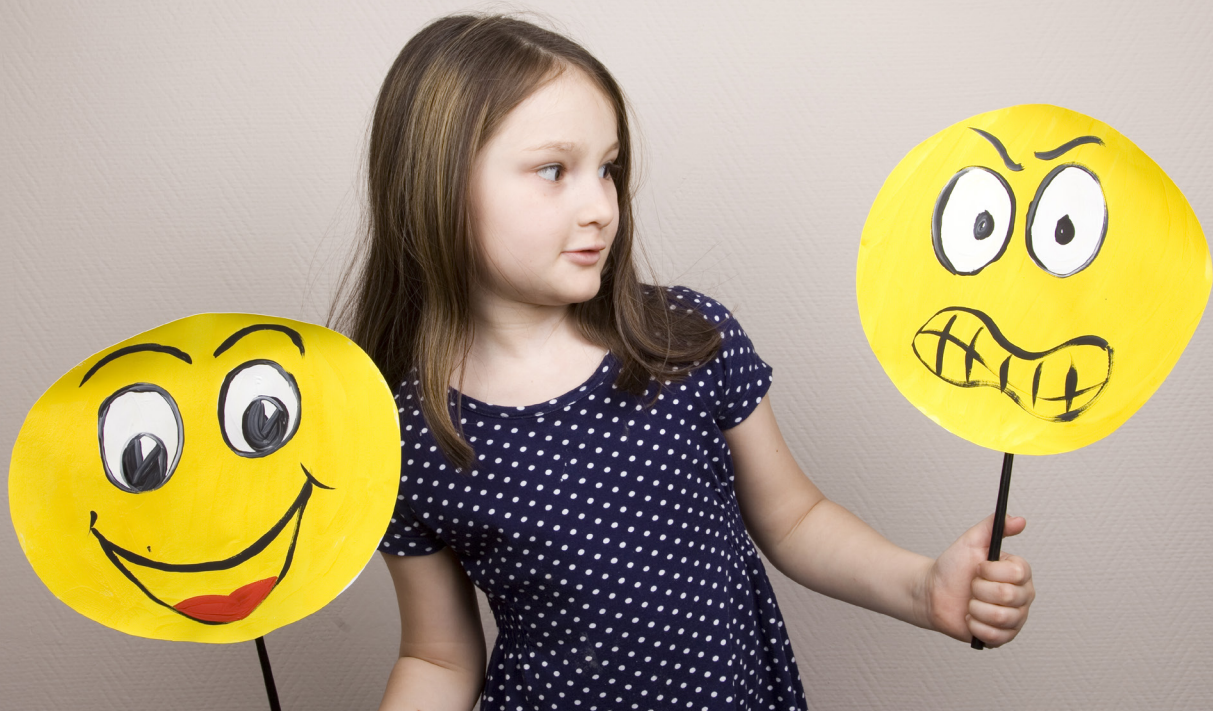




The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS



THE EMOTIONS DETECTIVE

TOOL: Prevention | Intervention

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

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

DESIGN

Line Massé
Jeanne Lagacé-Leblanc
Claudia Verret



THE EMOTIONS DETECTIVE

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

Line Massé (Full Professor) – Université du Québec à Trois-Rivières

Jeanne Lagacé-Leblanc (Research Assistant) – Université du Québec à Trois-Rivières

Claudia Verret (Full Professor) – Université du Québec à Montréal



THE EMOTIONS DETECTIVE

As you may know, it's sometimes difficult to recognize the emotions that we or others experience. This step is important to be able to stay calm. It's therefore important to practise detecting various clues that can help you decode emotions or feelings. The following is a fun activity that will allow you to practise.

- 1) Choose an emotion from among the following: joy, interest, anger, surprise, sadness, disgust, fear or shame.
- 2) Search magazines or online and find images of people or characters who you think express this emotion.
- 3) Take a sheet of paper.
- 4) Write the name of the selected emotion at the top of the sheet.
- 5) Glue the images found onto the sheet.
- 6) Highlight with a marker the parts of their faces or bodies that express this emotion.
- 7) What are the similarities and differences between the expression of this emotion according to the individuals:



SIMILARITIES	DIFFERENCES