

Emotional Intelligence - Emotional Literacy Show don't Tell

This week we are going to think about what different emotions and feelings sound like and look like when expressed in ourselves and others.

Your task - Each day this week, you will need to:

1. Select one of the emotion cards.
2. Write the name of the emotion into your workbook.
3. Write down what a person's voice might sound like when experiencing this emotion.
4. Write down what a person's facial expression might look like when experiencing this emotion.
5. Write down what a person's body language might look like when experiencing this emotion.
6. Draw or sketch a cartoon character experiencing this emotion.

Show, don't tell – feelings.

HAPPY

Bring your characters to life. Instead of telling your audience "I am so happy", try these:



Show, don't tell – feelings.

SAD

Bring your characters to life. Instead of telling your audience "I am so sad", try these:



Show, don't tell – feelings.

AFRAID

Bring your characters to life. Instead of telling your audience "I am so scared", try these:



Show, don't tell – feelings.

SHY

Bring your characters to life. Instead of telling your audience "I am shy", try these:



Show, don't tell – feelings.

EXCITED

Bring your characters to life. Instead of telling your audience "I am so excited", try these:



Show, don't tell – feelings.

NERVOUS

Bring your characters to life. Instead of telling your audience "I am so nervous", try these:



Show, don't tell – feelings.

ANGRY

Bring your characters to life. Instead of telling your audience "I am so angry", try these:



Show, don't tell – feelings.

FRUSTRATED

Bring your characters to life. Instead of telling your audience "I am frustrated", try these:



Show, don't tell – feelings.

SURPRISED

Bring your characters to life. Instead of telling your audience "I am surprised", try these:

