

Emotional Intelligence

Exploring Emotional Literacy through Lego Faces

This week we are going to use Lego faces as a prompt to help us expand our emotional literacy vocabulary and strengthen our understanding of how different emotions can be expressed.

Your task

Each day this week, you will need to:

1. Select one of the Lego Emotion Faces and look carefully at the face
2. Write three different emotions or feeling words you think best describe the emotion being expressed.
3. Look in the mirror and try to make the same face.
 - a. Notice the shape of your eyebrows, mouth, forehead, eyes
4. In your workbook:
 - a. Describe how your face felt copying the emotion.
 - b. Sketch what your face looks like in the mirror when copying your selected emotion.

