Pyramid Model Practices Implementation Checklist: Emotional Literacy

Practices	✅ or ⭐	Notes for Implementation
1. Teach children about emotion words and expressing emotions using a variety of strategies.		
2. Teach children a range of emotions.		
3. Model and label your own emotions and appropriate ways to express emotions.		
4. Point out facial expressions, voice tone, body language, or words to assist children in recognizing and understanding how others might be feeling.		
5. Label children's emotions and allow them to talk about how they feel.		
6. Support children in learning that feelings can change or that you can have more than one feeling.		
7. Individualize instruction on emotions based on children's developmental needs.		