



# PLANIT

## TEACHERS

Emotional Awareness Assessment for Children Aged 5-7 Years

**Student Name:** \_\_\_\_\_ **Class:** \_\_\_\_\_

**Student ID:** \_\_\_\_\_ **Date:** {{DATE}}

### Assessment Details

**Duration:** 20 minutes **Total Marks:** 50

**Topics Covered:**

- Emotional Awareness
- Emotional Recognition
- Emotional Expression

### Instructions to Students:

1. Read all questions carefully before attempting.
2. Show all working out - marks are awarded for method.
3. Use the spaces provided to answer the questions.
4. If you need more space, use the additional pages at the end.
5. Time management is crucial - allocate approximately 1 minute per mark.

# Introduction to Emotional Awareness

Welcome to the Emotional Awareness Assessment! This assessment is designed to help us understand how well you can identify, recognize, and express different emotions. It's going to be fun! You will have 20 minutes to complete this assessment. Please read each question carefully and do your best.

Emotional awareness is the ability to recognize and understand your emotions and those of others. It's an important skill that can help you build strong relationships, make good choices, and feel happy and confident.

## Section A: Multiple Choice Questions [15 marks]

### Question 1 [3 marks]

How do you feel when you are playing with your best friend?

- A) Happy
- B) Sad
- C) Angry
- D) Scared

### Question 2 [3 marks]

What emotion does this face :) represent?

- A) Happiness
- B) Sadness
- C) Anger
- D) Fear

## Section B: Short Answer Questions [20 marks]

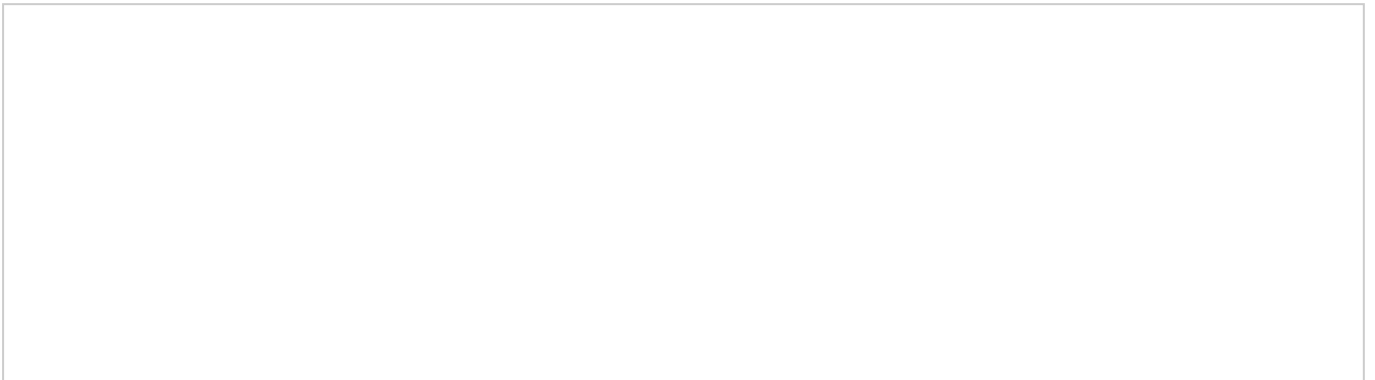
### Question 3 [5 marks]

Draw a picture of yourself when you are feeling happy. Write a short sentence about what makes you happy.



### Question 4 [5 marks]

Can you think of a time when you felt sad? What happened, and how did you feel?



## Section C: Picture Selection [15 marks]

### Question 5 [3 marks]

Select a picture of someone who looks angry.

- A) Smiling face
- B) Frowning face
- C) Surprised face
- D) Happy face

### Question 6 [3 marks]

Choose a picture of someone who seems scared.

- A) Laughing
- B) Crying
- C) Yelling
- D) Running away

# Assessment Rubric

The assessment will be marked based on the following criteria:

- Participation: Did you engage in all parts of the assessment?
- Emotional Recognition: Can you identify basic emotions?
- Expression: Can you describe or draw emotions appropriately?
- Understanding: Do you demonstrate an understanding of why emotions occur?

# Teaching Tips for Teachers

Here are some tips for teaching emotional awareness to children:

- Introduce basic emotions through stories, role-playing, and discussions.
- Provide constructive feedback that focuses on effort and progress.
- Plan follow-up activities that delve deeper into emotional intelligence, such as empathy-building exercises or creating an emotion journal.

# Bloom's Taxonomy Alignment

The assessment is aligned with the following levels of Bloom's Taxonomy:

- Knowledge/Remembering: Identifying emotions and basic vocabulary.
- Comprehension/Understanding: Describing feelings and situations that elicit emotions.
- Application: Using emotions in context, such as recognizing why someone might feel a certain way.
- Analysis: Distinguishing between similar emotions or understanding the cause of an emotion.
- Synthesis: Creating a story or drawing that represents a complex emotional scenario.
- Evaluation: Judging appropriate emotional responses in different situations.



# Multiple Intelligence Approaches

The assessment incorporates the following multiple intelligence approaches:

- Verbal/Linguistic: Short answer questions, reading emotions from text.
- Visual/Spatial: Picture selection, drawing emotions.
- Bodily/Kinesthetic: Role-playing different emotions (in follow-up activities).
- Musical/Rhythmic: Using songs or music to evoke and discuss emotions (in follow-up activities).
- Interpersonal: Discussing emotions in group settings, empathy-building exercises.
- Intrapersonal: Reflecting on personal emotions and why they occur.

## Conclusion

Thank you for completing the Emotional Awareness Assessment! Remember, emotions are a natural part of life, and it's essential to understand and express them in a healthy way. Keep practicing, and you will become more aware of your emotions and those of others.

## Additional Activities

Here are some additional activities to help you practice emotional awareness:

- Create an emotion journal to track your feelings throughout the day.
- Draw a picture of a time when you felt a strong emotion. Write a short story about what happened.
- Role-play different emotions with a friend or family member.
- Discuss with your class how emotions can affect our relationships and daily lives.

# Glossary

Here are some key terms related to emotional awareness:

- Emotion: A feeling or sensation that you experience, such as happiness, sadness, or anger.
- Emotional Awareness: The ability to recognize and understand your emotions and those of others.
- Empathy: The ability to understand and share the feelings of another person.

# References

Here are some resources for further learning:

- [Insert references to emotional intelligence and child development resources]

# Appendix

Here are some additional resources to support emotional awareness:

- [Insert additional resources, such as emotion charts or feeling faces]

# Emotional Regulation Strategies

Emotional regulation is the ability to manage and modulate your emotional responses to various situations. This is a crucial aspect of emotional awareness, as it enables individuals to respond to challenging situations in a more thoughtful and intentional manner. Effective emotional regulation strategies include deep breathing, mindfulness, physical activity, and journaling. By incorporating these strategies into daily life, individuals can better manage stress, anxiety, and other overwhelming emotions.

## Example: Deep Breathing Exercise

Find a quiet and comfortable place to sit or lie down. Close your eyes and focus on your breath. Inhale slowly through your nose, filling your lungs completely, and then exhale slowly through your mouth. Repeat this process several times, focusing on the sensation of the breath moving in and out of your body. This simple exercise can help calm the mind and reduce feelings of anxiety and stress.

# Empathy and Perspective-Taking

Empathy is the ability to understand and share the feelings of another person. Perspective-taking is the ability to see things from another person's point of view. Both empathy and perspective-taking are essential components of emotional awareness, as they enable individuals to build strong relationships, communicate effectively, and navigate complex social situations. By practicing empathy and perspective-taking, individuals can become more compassionate, understanding, and supportive friends, family members, and community members.

## Case Study: The Importance of Empathy in Relationships

A study conducted by the University of California, Berkeley found that empathy is a key predictor of successful relationships. The study revealed that individuals who were more empathetic towards their partners were more likely to have satisfying and long-lasting relationships. This highlights the importance of empathy in building and maintaining strong relationships, and demonstrates the need for individuals to prioritize empathy and perspective-taking in their daily interactions.

# Emotional Awareness in the Classroom

Emotional awareness is not only essential for personal relationships and well-being, but also plays a critical role in academic success. When students are emotionally aware, they are better able to manage stress, stay focused, and engage with the learning material. Teachers can promote emotional awareness in the classroom by incorporating social-emotional learning (SEL) activities, such as mindfulness exercises, group discussions, and role-playing. By prioritizing emotional awareness, educators can create a supportive and inclusive learning environment that fosters academic achievement and social-emotional growth.

## Example: SEL Activity for the Classroom

The "Feelings Charades" activity is a fun and engaging way to teach students about different emotions and how to recognize them in themselves and others. To play, divide the class into two teams and have each team take turns acting out a specific emotion (e.g. happiness, sadness, anger) without speaking. The team that correctly guesses the emotion earns a point. This activity encourages students to think creatively, work collaboratively, and develop their emotional awareness and empathy skills.

# Cultural and Societal Influences on Emotional Awareness

Emotional awareness is shaped by cultural and societal factors, such as family values, social norms, and cultural traditions. Different cultures may place varying emphasis on the expression and regulation of emotions, and individuals from diverse backgrounds may have unique emotional experiences and perspectives. It is

essential to recognize and respect these differences and to create a safe and inclusive environment where individuals feel comfortable expressing their emotions and sharing their experiences.

## Case Study: Cultural Differences in Emotional Expression

A study conducted by the University of Michigan found that individuals from collectivist cultures (e.g. Asian cultures) tend to prioritize group harmony and may suppress their emotions to avoid conflict, whereas individuals from individualist cultures (e.g. Western cultures) tend to prioritize personal expression and may be more likely to express their emotions openly. This highlights the importance of considering cultural differences in emotional awareness and expression, and demonstrates the need for educators and practitioners to be culturally sensitive and responsive to the diverse needs of their students and clients.

## Assessment and Evaluation of Emotional Awareness

Assessing and evaluating emotional awareness is crucial for identifying areas of strength and weakness, and for developing targeted interventions and support strategies. There are various methods for assessing emotional awareness, including self-report measures, observer ratings, and performance-based tasks. By using a combination of these methods, educators and practitioners can gain a comprehensive understanding of an individual's emotional awareness and develop effective strategies to promote emotional growth and well-being.

### Example: Emotional Awareness Assessment Tool

The "Emotional Awareness Questionnaire" is a self-report measure that assesses an individual's ability to recognize, understand, and regulate their emotions. The questionnaire consists of a series of questions that ask individuals to rate their emotional experiences and responses to different situations. This tool can be used to identify areas of strength and weakness, and to develop targeted interventions and support strategies to promote emotional awareness and well-being.

## Future Directions for Emotional Awareness Research and Practice

Emotional awareness is a rapidly evolving field, with new research and developments emerging regularly. Future directions for research and practice include the development of more effective assessment and intervention strategies, the exploration of cultural and societal influences on emotional awareness, and the integration of emotional awareness into educational and clinical settings. By prioritizing emotional awareness and promoting emotional growth and well-being, we can create a more compassionate, supportive, and inclusive society that values the emotional lives of all individuals.

### Case Study: Emotional Awareness in the Digital Age

The rise of digital technology has created new opportunities and challenges for emotional awareness. On the one hand, digital platforms can provide access to emotional awareness resources and support, such as online therapy and social-emotional learning programs. On the other hand, excessive screen time and social media use can negatively impact emotional awareness and well-being. Further research is needed to understand the impact of digital technology on emotional awareness and to develop effective strategies for promoting healthy digital habits and emotional well-being in the digital age.



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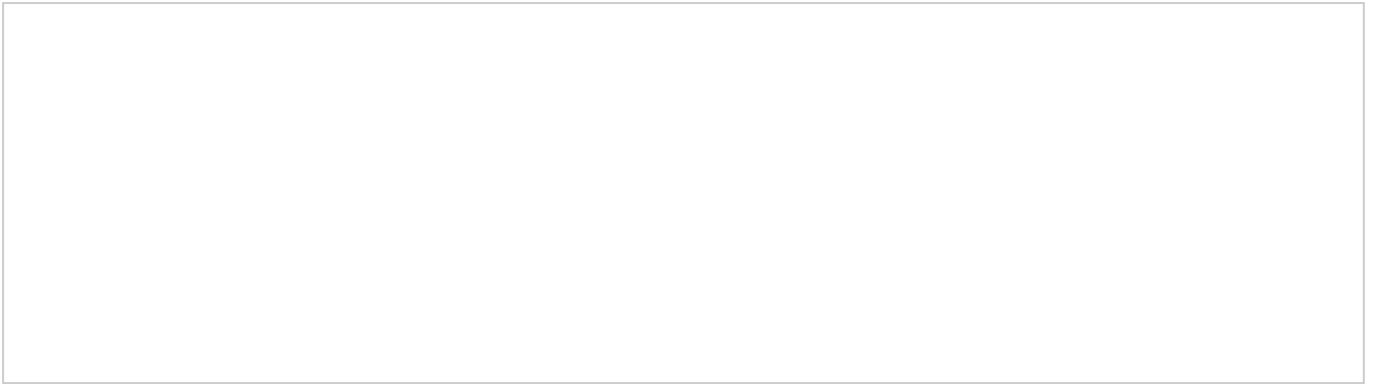
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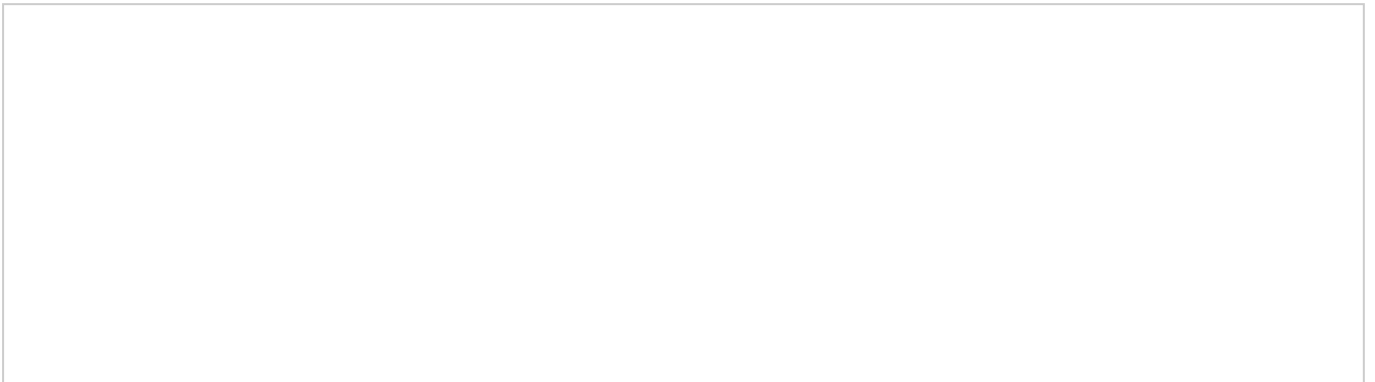
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