

# Other People's Feelings

Understanding how my actions make others feel



**Think about ...**

- What can the child do now?
- What are the next skills needed?
- Make a plan to help.
- Get inspired, talk to others and share ideas.
- Do the plan. Keep practising. It may take some time but it's worth it.

1. I'm beginning to know that people can show their feelings by their facial expressions and the things they do.

2. I look worried if I hear someone I know crying or happy and excited if I hear an adult I know.

3. I will do or say something when someone I know looks sad, cross, scared or worried.

4. I know that if I shout or take my friend's toy they might get upset or cross.

5. I know that if I say unkind things I might make my friends sad. When I make my friend sad or cross I know some things I can do to help them feel better.

**6. I know that what I do and say can make others happy or unhappy\***

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