

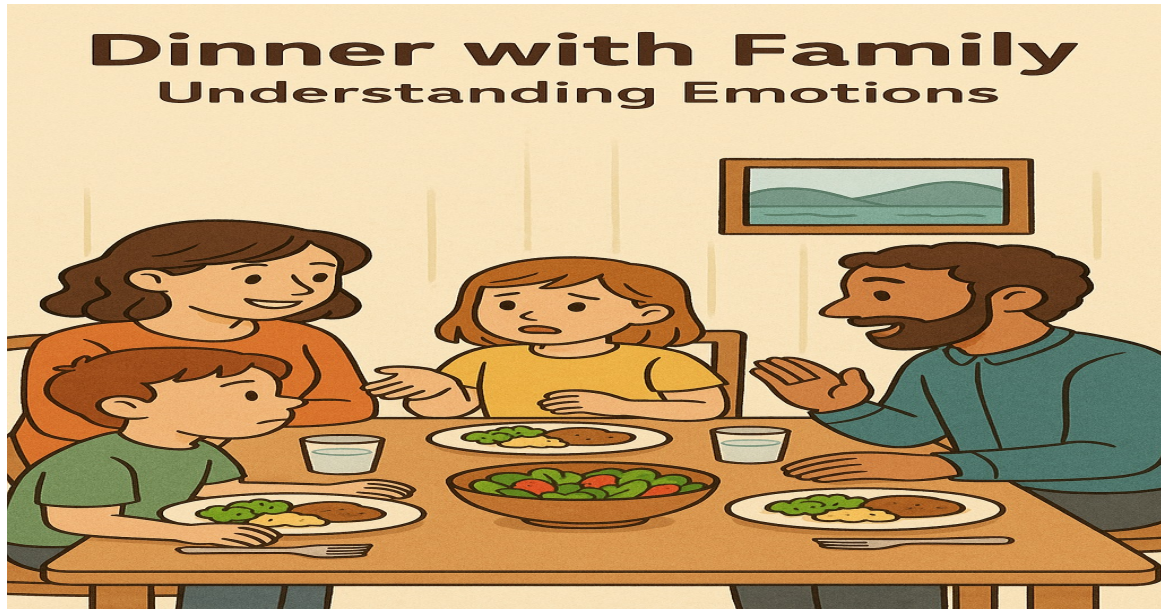
Dinner with Family: Understanding Emotions

Social Skill: Emotions

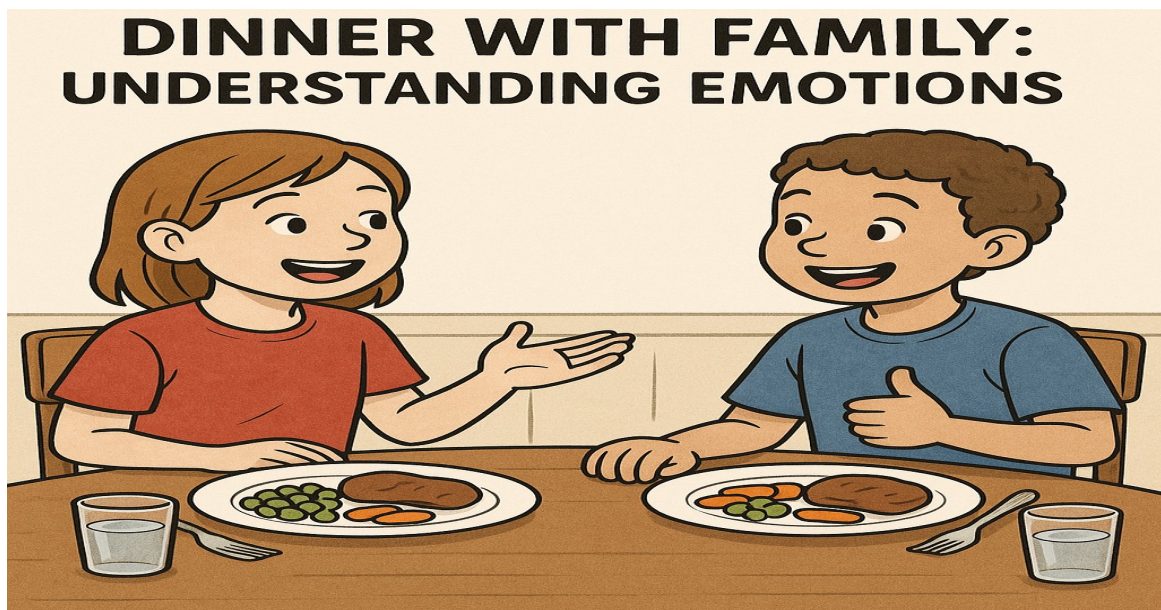
Reading Level: Advanced

Type: Everyday

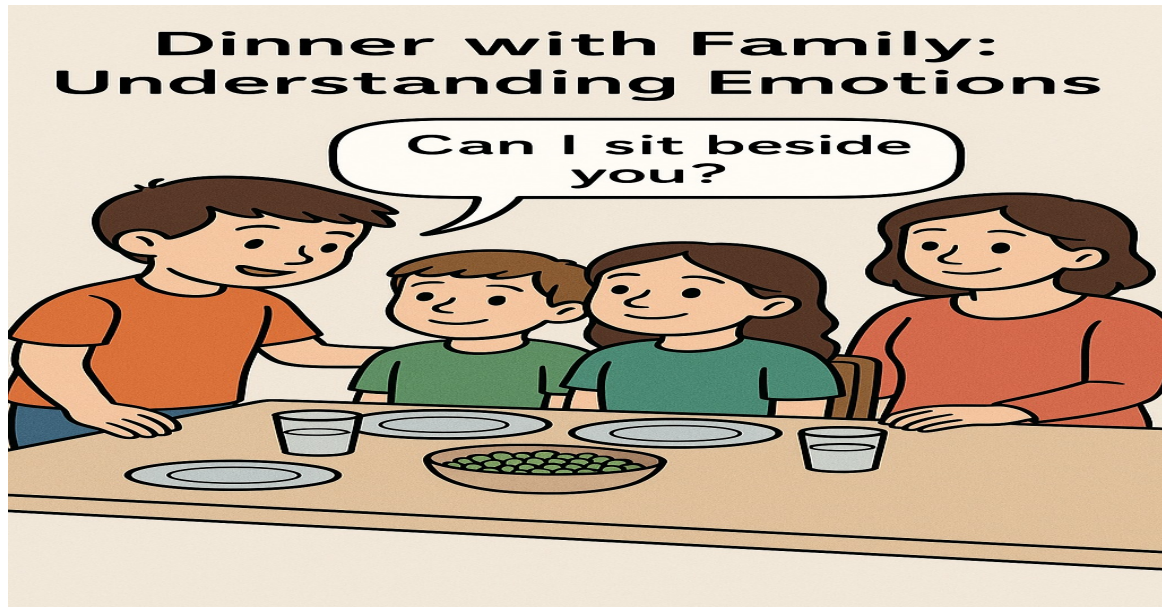
Approach: Explicit



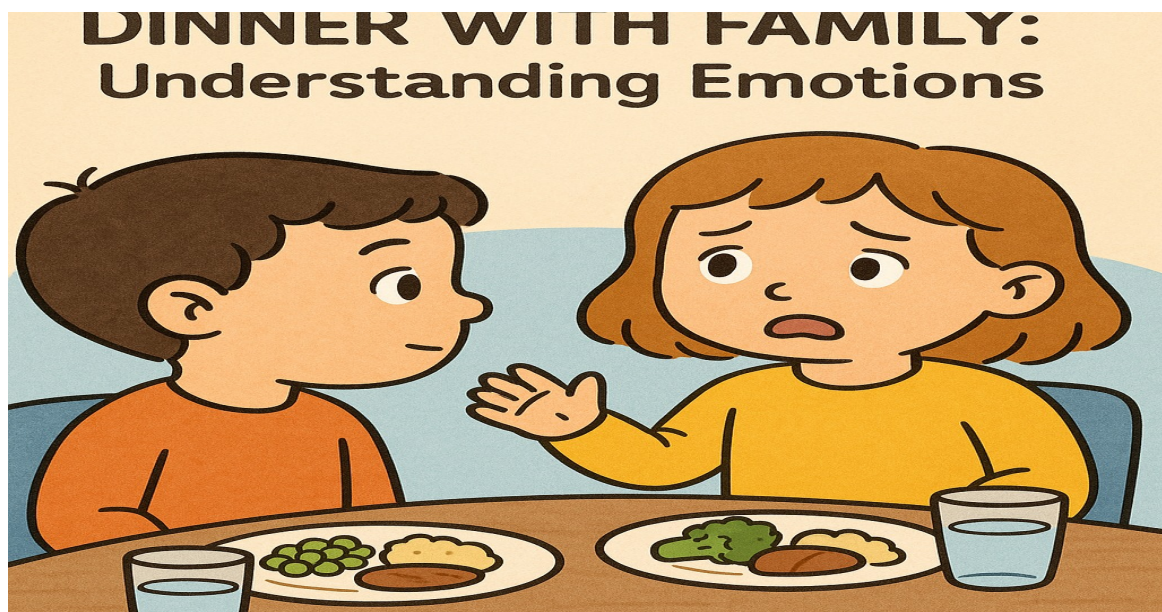
Tonight, we are having a big family dinner at my uncle's house. I feel excited because my cousins will be there, and I like spending time with them.



At the dinner table, it is important to use good manners. I sit in my chair quietly and wait until everyone is seated before I start eating. This shows that I respect my family.



When I talk to my cousins, I look at their faces and listen carefully. If I want to share something, I wait until they are finished speaking. Waiting my turn to talk helps me understand what my cousins are saying and makes them feel heard.



Sometimes, I want to sit close to my cousins and play. It's important to ask first if they are comfortable with this. I say, 'Can I sit next to you?' Respecting personal space shows I care about their feelings.

I notice my cousin, Emma, is quiet today. I wonder if she feels okay. I remember that people sometimes feel different emotions. I can ask, 'Emma, how are you feeling?' If she wants, she will share her feelings with me.

It's important to respect when someone wants to be alone. If Emma says she feels sad, I can say, 'I understand.' Being kind and supportive is a good way to show my family that I care about them.

Key Social Concepts

emotions

dinner table behavior

listening

personal space

Social Rules

- Wait for everyone to be seated before eating
- Listen when others speak
- Respect personal space
- Ask if someone wants to talk about their feelings

Social Understanding Questions

- 1. What is the reason the narrator waits for everyone to be seated before beginning to eat?**
 - A. To show respect to the family *
 - B. Because they are not hungry
 - C. To start a conversation
 - D. To find their favorite dish first

- 2. Why is it important to ask if your cousins are comfortable before sitting close to them?**
 - A. To ensure there is enough space at the table
 - B. To show you care about their feelings and personal space *
 - C. To save a seat for someone else
 - D. To check if they have a reserved spot

- 3. What should you do if you notice someone, like Emma, is quiet and might be feeling sad?**
 - A. Ignore them and give them space
 - B. Ask them loudly why they are sad
 - C. Gently ask how they are feeling and respect if they want to share *
 - D. Make a joke to cheer them up

- 4. What emotion is the narrator feeling about the family dinner?**
 - A. Bored
 - B. Excited *
 - C. Nervous
 - D. Angry

** Indicates the correct answer*

Social Cues Guide: Emotions

Skill Description

Understanding and interpreting emotions in others is crucial for social interaction. This skill involves recognizing facial expressions, body language, and verbal cues to gauge what someone might be feeling.

Social Cues to Watch For

[object Object]

Common Misunderstandings

- Thinking a person is angry when they are concentrating due to their furrowed brows.
- Misinterpreting silence as anger rather than shyness or discomfort.
- Assuming a smile always means happiness, while it can sometimes be a mask for anxiety or sarcasm.

Practice Scenarios

1. A classmate is sitting alone during recess with their head down. How might they feel and what could you do to help?
2. Someone in a group starts speaking loudly and quickly. What might this indicate about their emotional state?
3. A friend opens their eyes wide and gasps after seeing something on their phone. What could they be feeling?
4. During a game, one child crosses their arms and turns away from the group. How could you interpret and respond to this behavior?
5. At the end of a school day, a child is jumping and clapping their hands while talking about an upcoming event. What might they be feeling?