



Understanding Emotions During Thanksgiving

An EZducate Social Learning Story

Target Skill: Emotions

Reading Level: Intermediate

Story Type: Everyday

Approach: Modeling

Generated: 11/17/2025

It was Thanksgiving Day, and I was going to my grandparents' house. I felt excited because I get to see my cousins, but I also felt a little nervous. My mom told me it's okay to feel this way, and she would help me play and talk with my cousins.



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When we arrived, I saw my cousins playing in the living room. Some of them were laughing and others were talking loudly. My mom explained that laughing and talking are how people show they are happy and having fun. I tried to notice these emotions by watching their faces closely, which helped me understand how they felt.

At first, I watched my cousins play a board game. I wanted to join but didn't know how. My mom whispered that I could ask if I can join them. I walked over and said, "Can I play with you?" My cousin Alex smiled and said, "Yes!" I felt relieved and happy because they let me join them.

As we played, I noticed my cousin Lily looked upset. Her eyebrows were down, and she wasn't talking much. My mom explained that Lily might feel frustrated because she was losing the game. I learned that sometimes, people feel sad or upset if things don't go the



way they want.



To help Lily feel better, I remembered what my mom told me. I could say something nice to her. I said, "You're doing a great job, Lily!" This made her smile a little, and her mood seemed to improve. I felt glad that I could help.

After the game, my cousins and I talked about our favorite foods at Thanksgiving. I listened closely and shared, "I love Grandma's pumpkin pie." Everyone agreed, and this made me feel warm and included. Mom reminded me that sharing what we like helps us feel connected.

Later, it was time to leave, and I felt a mix of sadness because I had to say goodbye, but also happiness because I had fun. My mom told me it's normal to feel more than one emotion at the same time, and it's okay to talk about them.

On the drive home, I told my mom how proud I was of playing with my cousins and understanding their feelings. She smiled and said I did a great job learning about emotions and being a good friend.



Key Social Concepts

recognizing emotions

asking to join play

noticing emotional cues

responding to emotions

sharing feelings

Social Rules

- ask to join
- support friends
- share feelings
- listen to others



Social Understanding Questions

1. Why did the narrator feel excited about going to their grandparents' house?

- A. Because they like the long drive
- B. Because they get to see their cousins *
- C. Because they love turkey
- D. Because they have new toys there

2. What did the narrator's mom suggest they do to join the cousins in playing a game?

- A. Watch them quietly
- B. Ask if they can join *
- C. Take one of the game pieces
- D. Wait until the game is over

3. How can you tell that Lily was feeling upset during the game?

- A. She was laughing loudly
- B. She was talking too much
- C. Her eyebrows were down and she wasn't talking much *
- D. She was winning the game

4. What emotion did the narrator feel at the end of the day?

- A. Only sad because they had to leave
- B. Only happy because they had fun
- C. A mix of sadness and happiness *
- D. Angry because the day was too short

** Indicates the correct answer*



Social Cues Guide: Emotions

Skill Description

Recognizing and understanding emotions involves identifying various emotional expressions and messages conveyed by others through facial expressions, tone of voice, and body language.

Social Cues to Watch For

[object Object]

Common Misunderstandings

- Confusing different emotions because of similar expressions, like mistaking fear for surprise.
- Assuming everyone expresses emotions the same way, such as thinking a quiet person isn't happy because they're not loudly expressing joy.
- Misinterpreting sarcasm because the tone might not match the words used.

Practice Scenarios

1. Look at pictures of people and ask the child to identify what emotion they think each person is feeling. Discuss the facial expressions and body language that give clues about each emotion.
2. Watch a short video clip on mute and ask the child to guess what emotions the characters are showing based on their body language and facial expressions.
3. Read a story together and at certain points, pause to ask how a character might be feeling and why. Use cues from the text to support their thoughts.
4. Role-play simple scenarios where one person acts out an emotion without words, and the other tries to guess what it is, discussing the clues that were used.
5. Use emotion cards with different facial expressions and ask the child to match each card to an emotion word, then act out how that emotion feels in the body.