



# Understanding My Emotions with Siblings and Cousins

*An EZducate Social Learning Story*

Target Skill: Emotions

Reading Level: Intermediate

Story Type: Everyday

Approach: Modeling

Generated: 11/13/2025

---

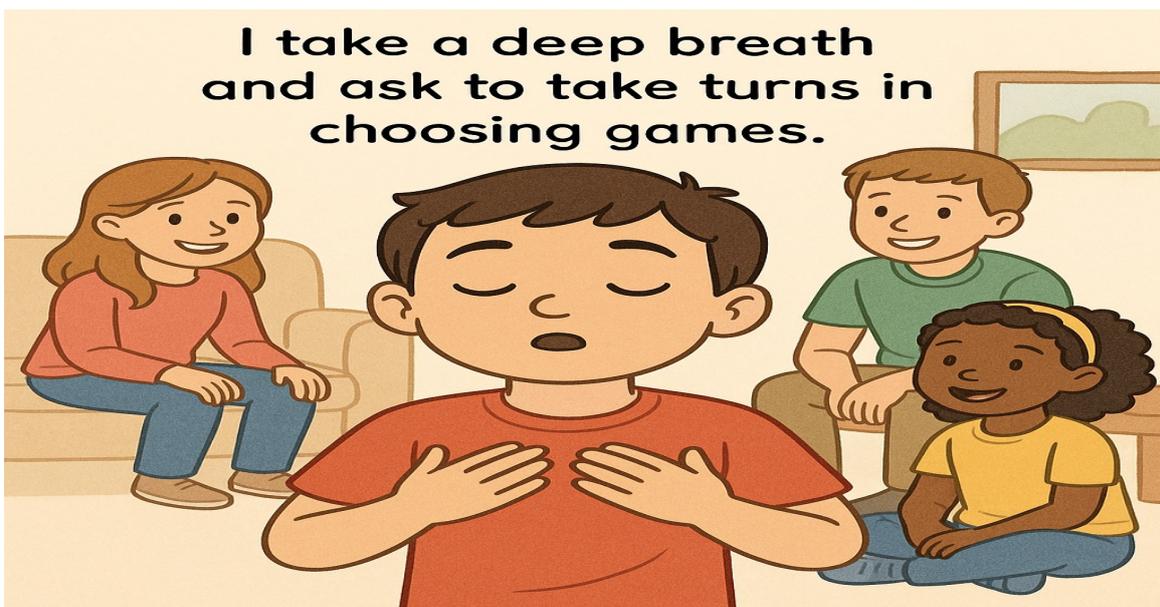
I love spending time with my siblings and cousins. Sometimes, when we play games, I feel happy because we laugh and have fun together. When we are playing a game, I can show happiness by smiling and cheering.



## Understanding My Emotions with Siblings and Cousins



I love spending time with my siblings and cousins. Sometimes, when we play games, I feel happy because we laugh and have fun together. When we are playing a game, I can show happiness by smiling and cheering.





Sometimes, my siblings or cousins want to play a different game than I do. I might feel frustrated if I can't play the game I want. I can take a deep breath and say, 'Can we take turns choosing games?'



If someone takes my toy, I might feel sad or angry. It's okay to feel this way. I can say, 'I don't like it when you take my toy. Can I have it back, please?' This is a way to use words to solve the problem.

When I share my toys with my siblings and cousins, they might feel happy because they get to play too. I can say, 'Let's play together!' Sharing is a good way to show kindness and make everyone feel included.

Understanding how I feel and talking about it can help when I am with my siblings and cousins. I know that everyone has feelings, and it is important to listen when someone is talking about their feelings. If I listen, we can all be happy together.



## Key Social Concepts

emotions

playing

sharing

problem solving

## Social Rules

- express feelings appropriately
- take turns
- use words to solve problems
- share toys



## Social Understanding Questions

**1. How can the main character show happiness when playing games with siblings and cousins?**

- A. By smiling and cheering \*
- B. By sitting quietly
- C. By walking away
- D. By frowning

**2. What should the main character do if they feel frustrated because they can't play the game they want?**

- A. Grab the game from others
- B. Yell at their siblings and cousins
- C. Take a deep breath and suggest taking turns choosing games \*
- D. Refuse to play any game

**3. Which statement shows the character using words to solve a problem?**

- A. Snatching the toy back
- B. Saying, 'I don't like it when you take my toy. Can I have it back, please?' \*
- C. Crying silently
- D. Ignoring the person who took the toy

**4. Why is sharing toys with siblings and cousins a good idea?**

- A. It helps to avoid conflicts
- B. It allows everyone to play and feel included
- C. It shows kindness and makes others happy
- D. All of the above \*

*\* Indicates the correct answer*



## Social Cues Guide: Emotions

### Skill Description

Understanding emotions involves recognizing and interpreting various social cues like facial expressions, tone of voice, and body language. This skill is crucial for interacting with others effectively and empathetically.

### Social Cues to Watch For

Social cues are signals people use to communicate their emotions and intentions without words. Key indicators include: facial expressions (a smile typically indicates happiness, frowning might suggest sadness or confusion), body language (crossed arms might indicate defensiveness, leaning forward can show interest), tone of voice (a raised voice may indicate anger or excitement, a soft voice can indicate sadness or vulnerability), and eye contact (avoiding eye contact might suggest shyness or discomfort, while direct eye contact often shows confidence or attentiveness).

### Common Misunderstandings

- Children might confuse a nervous smile with genuine happiness.
- Some children may interpret neutral facial expressions as negative or unfriendly.
- Kids might think that someone speaking angrily is always angry at them, rather than just expressing frustration about a separate issue.

### Practice Scenarios

1. While reading a story, pause to ask what the character might be feeling and why, based on their actions and expressions in the illustrations.
2. Watch a short video clip muted, and guess the emotions of the characters by observing their facial expressions and body language.
3. Create flashcards with different facial expressions on them, and ask the child to match these with words describing emotions such as 'happy', 'sad', 'angry', 'surprised'.
4. Act out different emotions using only non-verbal cues and have the child guess the emotion being portrayed.
5. Look at magazine pictures of people and discuss what emotions the people might be feeling and what cues indicate those emotions.