

Understanding our own and other's emotions is an important, early phase of positive mental health

An approach to social and emotional learning using dance to support children's emotional awareness

Children can be supported to build understanding in a non-alphabetical way - through movement - as a context to learn words to describe various emotions

Creative space for children to make their own meanings to describe different feelings

Supported by multimodal images, videos, poetry, books and discussion

Using physical metaphors and movement as a vehicle for expression and understanding

Dancemotion:

Making sense of emotions through dance



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Anna Freud National Centre for
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