

## Emotion fans

**Emotion fans can be useful for all young children to learn about emotions and support them in expressing emotions.**

They start with just two basic emotions e.g. happy and sad and then be built upon as the child acquires more emotional understanding.

Giving a limited choice of fans helps children, as it gives a restricted choice and makes a decision easier.

In particular, children with autism may have difficulties forming relationships and may need further support to play and interact with their peers. Explaining and understanding feelings can be very difficult if not impossible for children on the autistic spectrum.

Using a visual format reduces the need for emotional language and eases communication, especially in highly-charged situations. Many children with autistic spectrum disorders do not know how to recognise or respond to basic emotions.



Emotion fans support children and help them gain an understanding of:

- What emotions are
- What they look like (facial expression and gestures)
- Situations that cause different emotions.