



The colours of emotions

Context:

- This project was carried out in the French class of the nursery cycle of the European School Luxembourg I. The European Schools are multilingual and multicultural institutions that welcome children from all the Member States of the European Union. Half the children speak a language other than French, the language of instruction of this section, as a home language (<http://www.euroschool.lu/>).

Reasons for choosing this project:

- In these early years it is important to select projects that truly reflect the children's lives and experiences. Emotions are an important part of life although young children find it often difficult to express these into words.
- Being able to identify your emotions and explain what you feel is an important factor in being able to resolve conflicts in a range of different situations (for example in the playground) (→ meaningful language learning).

Description of the project

- The first stage of the project involved the children looking at different picture books dealing with emotions, some of which were linked to colours. The text, or even the illustrations, resulted in discussions and exchanges about the different emotions; anger, sadness, fear as well as when these emotions occur.
- Together with the children, a list of emotions was created as well as a list of situations which can cause someone to experience these (→ active language learning).
- Emotion boxes were created in which the children could insert their name tag. Cushions in the colours of emotions were placed in each corner allowing children to express their emotions without having to verbalise these (→ holistic language learning).

Observation:

- Children were encouraged to talk about their emotions and make connections with the situations that caused these.
- Children were encouraged to find different ways to express their emotions through naming them, describing them, or through the use of the emotion boxes or coloured cushions.
- Children used their understanding of emotions to resolve relationship problems through classroom discussions, and later independently.



References:

- Mireille d'Allancé (2001): Grosse colère. École des loisirs. ISBN: 978-2211061773
- Anna Lennas (2014): La couleur des émotions. Édition Quatre Fleuves. ISBN: 979-1026400134
- Jérôme Ruillier (2012): Homme de couleur. Éditions Mijade. ISBN: 978-2871427810
- Amélie Falière (2016): Content. Fâché. Nathan. ISBN: 978-2092564660

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