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The Primary SEAL resource has a wide variety of photocards that might be used.

How to use the SEAL photocards

These photocards can be used flexibly across the curriculum and within the Year 7 curriculum resource. Most of them were created by a group of pupils in Years 7 and 8, who worked with a photographer for a day. They are provided as examples of how a school might develop their own resources and might also be used as a starting point for schools as they create a wider range of photocards.

Reading facial expressions and understanding emotionally charged situations is about interpretation. For this reason the cards are numbered rather than labelled. This allows the pupils to discuss their own interpretations of the feelings shown, the context in which this is occurring and come up with their own meanings. The index give an indication of the content of the cards to allow for planning.

The following questions are designed to help facilitate discussions:

- What do you think this photograph is showing?
- What do you think is happening?
- Why do you think this?
- How do you think this person is feeling?

(Encourage the pupils to use as wide a vocabulary as possible. Add any words that you think might help.)

- Have you ever felt like that?
- When have you felt like that?

(This is an opportunity to reinforce the idea that not everyone will have the same feelings in the same situations.)

- If you feel like that, how would it be expressed?
What would your:
 - face look like?
 - body look like?
- If you felt like this how would your body feel inside?
- If you felt like this, what might you do?
- Can you think of any more words that might describe the feelings shown?
- What do you think a person who felt like this would do?
- If this is an uncomfortable feeling how might you turn this uncomfortable feeling into a more comfortable one?

Can you agree a definition of the feeling(s) you have described?

























































































