

Detecting emotions in other people

Kade sometimes finds it difficult to guess how people feel and this can make it harder for them to navigate social situations in helpful ways. Thanks to the SAS Small Group, Kade has learned to 'Detect Emotions in Other People' from a range of possible face, voice, and body clues! Kade's confidence in social situations has grown now that they notice a full range of emotion and situation clues. Kade can better guess how people are feeling and respond in helpful ways.

Skill #2 of the 25 Skills in the SAS Small Group Program

Hi, I'm Kade, a Cadet with the Secret Agent Society. I use Detecting Emotions in other people at home, school, and during outings.



I noticed my brother crying with slouched shoulders and his head on his knees. I guessed he was sad, so I brought him his teddy and offered him a hug! He said I helped him feel better.



My friend sighed and said, "You talk about this every day." I noticed his sigh and his voice tone didn't change. He must have been bored. So, I changed the topic to something we both liked.



I guessed my friend was super nervous because he was shaking and breathing really quickly before trying rock climbing. I showed them how to do it first and cheered them on when it was their turn!

When Kade is older, this skill may help them in situations like these:

- When asking for a kiss after a first date, carefully watching for "Yes!" clues.
- Figuring out if someone they've just met is trying to trick them.
- A boss shows clues she is in a hurry; they jump to the main topic of the meeting.