



Parent Info:

This week focuses on emotions.

Why is this important?

It can be difficult for children to understand their feelings and some children struggle to articulate how they feel. Just like other skills we develop, it's important to practice with them and help children take notice of their emotions, begin to understand why they might feel that way and find a healthy way to express that feeling. This is because when children have good emotional literacy it supports their social and emotional development, it boosts confidence and helps them to better manage impulse reactions.

How can we grow this area?

Through offering time and a variety of ways to express feelings, children can develop their emotional literacy. Just knowing that you are happy to talk and listen makes a big difference. Some of the resources included can help to scaffold conversations about feelings, or encourage children to reflect on their emotions and find useful ways to communicate them.

Worksheets included:

- 1) **How do you feel:** This worksheet has images that can help children identify their feelings.
- 2) **My feelings:** This worksheet focuses on helping children to connect emotions to examples and experiences from their own life.
- 3) **Feelings thermometer:** This is a useful tool to encourage children to share how they are feeling and can support them to learn to manage the

feeling or seek support before they get too high on the thermometer. You could support your child to create their own feeling scale if this would be more appropriate.



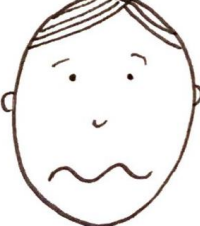






- 4) **What are the things that cause me stress:** This worksheet gives children an opportunity to think about the areas that might worry them or cause them difficulties. Recognising the links between these events and feeling stressed can help them make sense of their feelings.
- 5) **Self-regulation:** This poster supports a conversation about how we have the capacity to manage how we are feeling.
- 6) **3-2-1:** As a thread across all topics, each week the 3-2-1 exercise to promote a growth mindset will be included. It encourages reflection and curiosity.

Additional online resources:

- Advice for parents and stories for children
<https://kidshelpline.com.au/kids>
- BBC Bitesize Emotional Wellbeing -
<https://www.bbc.co.uk/bitesize/topics/ztkk7ty/resources/1>
- Anna Freud Centre information booklet about mental health -
<https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>

How do you feel?

We all have lots of different emotions.
How do you feel today?

		
Shocked	Happy	Worried
		
Sad	Embarrassed	Excited
		
Scared	Angry	Calm

My feelings

A time I felt **embarrassed** was when

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.....
.....

A time I felt **confused** was when

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.....
.....

A time I felt **sad** was when

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A time I felt **worried** was when

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A time I felt **happy** was when

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A time I felt **excited** was when

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A time I felt **disappointed** was when

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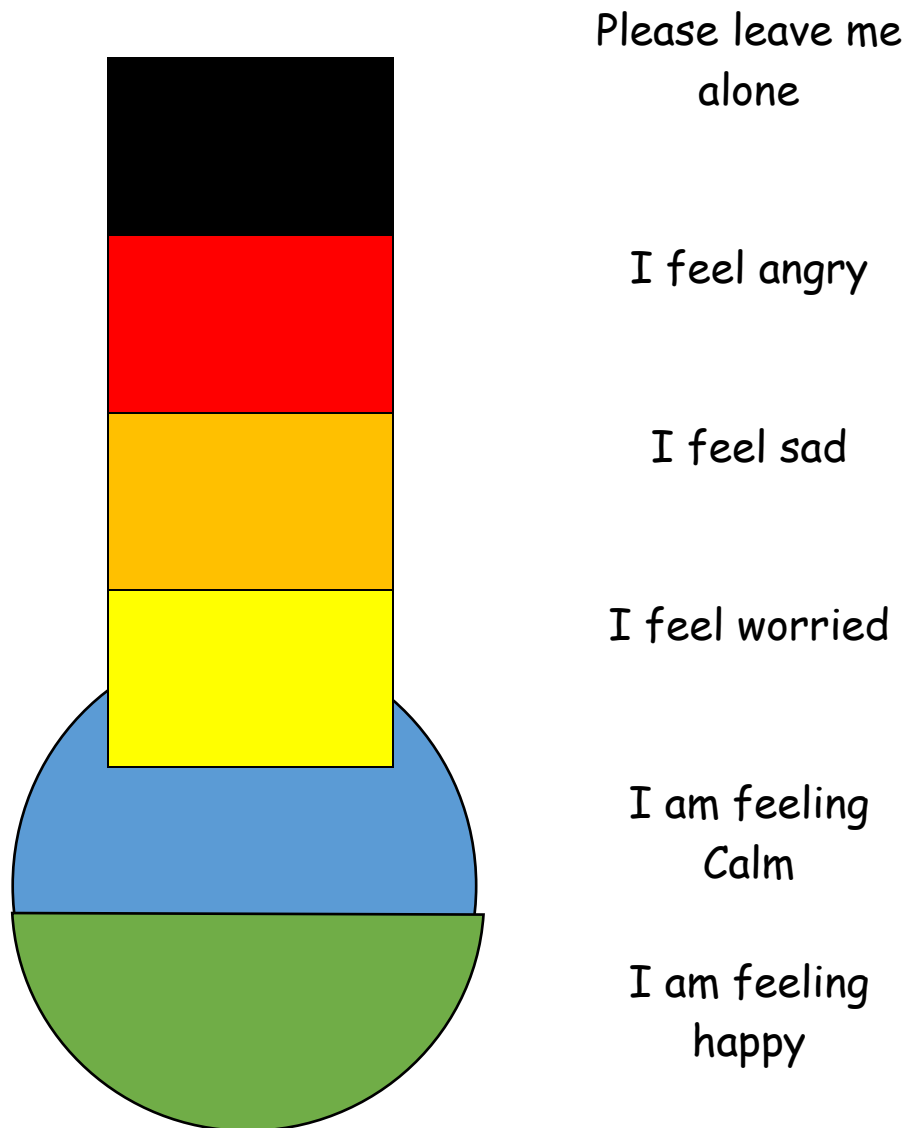
A time I felt **angry** was when

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A time I felt **calm** was when

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Feelings thermometer

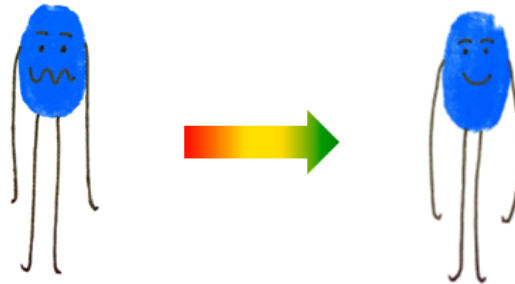


What things cause me to feel stressed or worried?

The diagram features a central blue cartoon character with a worried expression, characterized by a wavy mouth and wide eyes. The character has thin, stick-like legs and arms. Five purple-outlined text boxes are arranged around the character, each containing five horizontal dotted lines for writing. Arrows point from the character towards each of these boxes: one pointing up, one pointing down, one pointing left, one pointing right, and one pointing towards the bottom-right. The boxes are intended for the user to list things that cause stress or worry.

What is self-regulation?

Self-regulation is when we can tell how we are feeling and think about what we need to do to feel better.



Here are some ideas for things that might help you to feel calm. Give them a try and colour in the ones that work best for you!

Have a hug

Talk to someone you trust

Writing your feelings down

Reading a book

Going for a walk

Listening to some music

Taking some deep breaths

Squeeze a stress ball

Doing some stretches

Drawing a picture

3-2-1 Exercise

What 3 things have I learned?

1.

2.

3.

What are 2 things that I want to find out more about?

1.

2.

What 1 question do I still need to ask?

1.