

Managing feelings

Lesson 2 - Shy



How do you think he is feeling? Why?



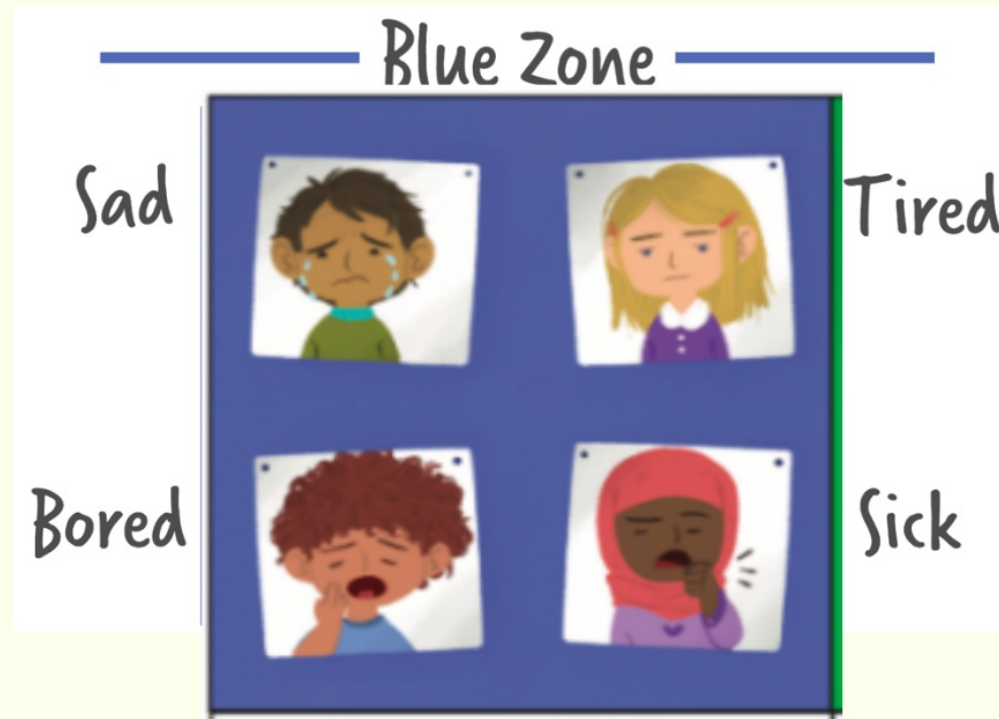
I think he is feeling... because...

Collect child voice

What is his body/face showing.

Have you felt like this before?

Today, we are learning about the feeling 'shy'



Briefly talk about the Zones of Regulation and other feelings in this colour zone.

Video about being shy.

Parents can ask school to see.



What can you do if someone is feeling shy?



What feeling have we learned about today?

Which Zone is this in?

What other feelings are in this zone?

