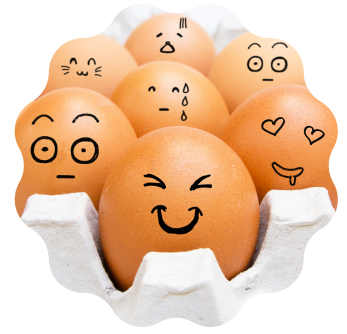


Emotions Kit

Key Messages



Focus questions: How do you feel today?

- Emotions is such a big word, you might also hear emotions called FEELINGS. Can you name any feelings? (Emojis in kit for children to identify and discuss)
- At this age, children experience emotions they do not have the language to explain. A child's ability to understand and manage emotions develops over time.
- Adults can support children to use and understand emotional language. They can model emotions and help children practice managing them.
- Identifying and naming feelings helps to familiarise children with different feelings.
 - What makes you feel happy? I feel happy when.....I read a book. Let's practice and put on a happy face.
 - Can you think of a time when you were angry? Do you remember what helped you to calm down? Strategies like deep breathing (when we are angry our breathing gets shallow), 3-2-1 counting strategy, blow into your hands
- Regularly checking in with children about how they feel helps with their emotional development. Also talk about how you are feeling in an age appropriate way and why.
- Stories can be a wonderful way for children to learn about and learn to talk about their emotions. You can spend time chatting about the characters in a book and how they might feel.
 - Bedtime stories can help children explore different situations and how people might feel in those situations. Children can be supported to recognise different facial expressions and how faces change when people are experiencing different emotions.