

Feelings and their Impact

It is likely that children, and adults around them, are likely to be experiencing a wide range of emotions, feelings and thoughts too, and it is important that we consider how we can acknowledge and support these. There are very clear links to the EYFS curriculum, including teaching children to understand techniques to help regulate their emotions, emotional language and, critically, empathy. This is also an integral part of the recovery curriculum.

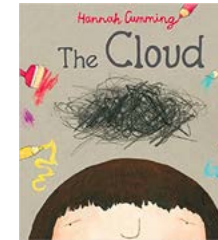
Key Questions

- " What different feelings do I have? "
- " What do I look like when I am happy, sad, angry etc? "
- " How does it feel in our bodies when we feel happy, sad, angry etc? "
- " Can we think of a time that we felt happy, sad, angry etc? "
- " What makes me happy, sad, angry etc? "
- " How do I feel today? "
- " How can I tell what someone else is feeling? "
- " What can I do to cheer myself and someone else up? "
- " Who can I talk to about my feelings? "

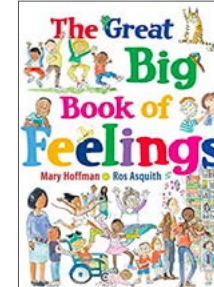
Key Supporting Resources



The Jar of Happiness



The Cloud



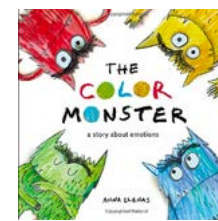
The Great Big Book of Feelings



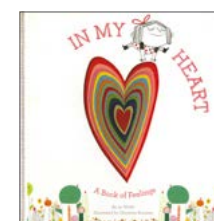
Alphonse, That is Not OK to Do



Sweep



The Colour Monster



In my heart



Let's Make Faces

Online resources

- <https://biglifejournal-uk.co.uk/pages/freebies> Free materials to print each week around feelings
- <https://www.ecmhc.org/ideas/emotions.html> An American site with lots of ideas and activities to help build understanding of feelings and emotions
- <https://www.bbc.co.uk/cbeebies/shows/feeling-better> A series of clips, songs and activities to help children explore their feelings and emotions
- <https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Coronavirus-back-to-school.pdf> A booklet about going back to school after Coronavirus and how children might feel
- <https://www.elsa-support.co.uk/bucket-full-of-happiness/> A resource to help children to think about what makes them happy- even better with a real bucket!