



Expressing Emotion

Children must be allowed to express all their emotions. It is never wrong to be sad, angry, excited or any other feeling for that matter. Use words such as angry, sad, worried, happy and frustrated.

Talk Instead of Act

Model ways that you calm yourself e.g. stopping and taking deep breaths. Incorporate the use of Young Mindfulness cards (<https://www.youngmindfulness.co.uk/>), so children have a visual for an emotion. This will help children learn to calm themselves and talk instead of act out an emotion.



Understanding Emotions

Once children are starting to understand their own emotions, it's vital that we support them in recognising and understanding how others are feeling. Using books to talk about character's feelings is a start - How is the penguin feeling? How do we know? Why might he feel like that?

Solutions

Find solutions to potential problems. Give your children the vocabulary they may need to find a solution to a conflict. What could you do if ...? E.g. You can't be first. You have to wait. Another child wants your toy. You want a toy another child has etc.

