

Big Little Feelings

Christ Church Hampstead
Primary School
Tuesday 31/10/23

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Today we will think about...

- Helping children identify their different emotions and how to communicate them
- Understanding where our big emotions come from and how they make us feel
- Teaching children how to regulate (calm) themselves
- Strategies to learn to cope with difficult feelings

Identifying Emotions



happy



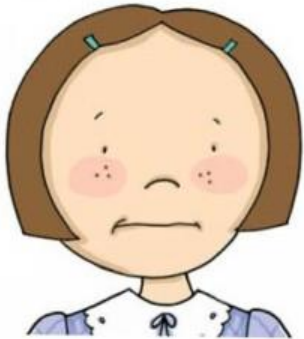
surprised



angry



excited



bored



sad

KE-840022



loving



sad

Identifying/Communicating Emotions

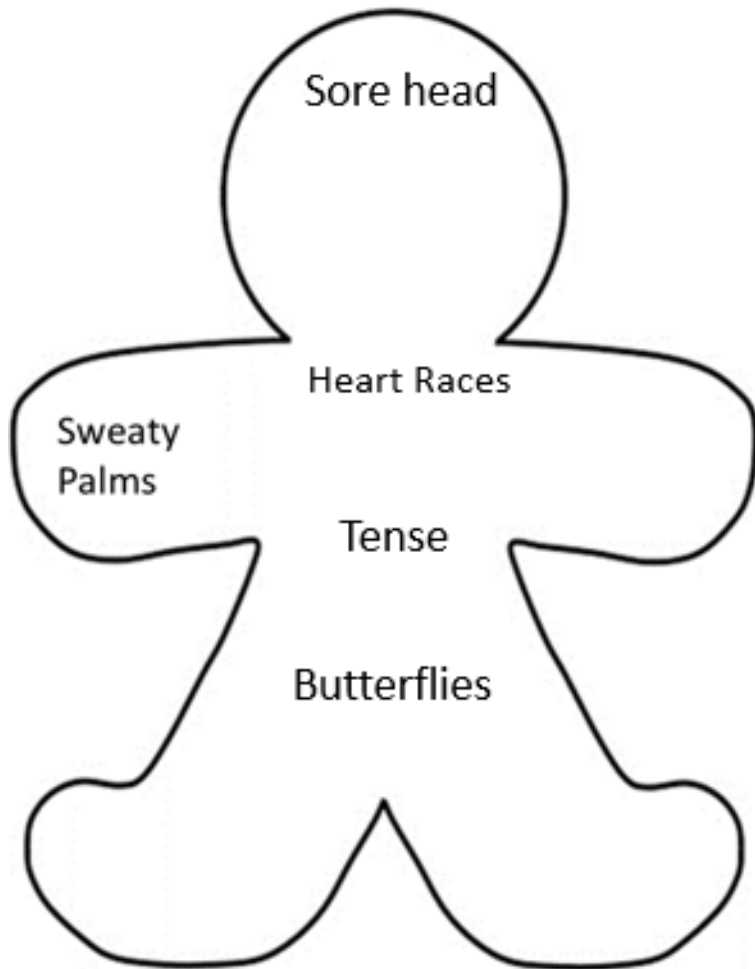
Mark the boxes next to the emotion(s)

How are you feeling today? ~

						
<input type="checkbox"/> Happy	<input type="checkbox"/> Surprised	<input type="checkbox"/> Scared	<input type="checkbox"/> Annoyed	<input type="checkbox"/> Proud	<input type="checkbox"/> Curious	<input type="checkbox"/> Funny
						
<input type="checkbox"/> Quiet	<input type="checkbox"/> Goofy	<input type="checkbox"/> Excited	<input type="checkbox"/> Bored	<input type="checkbox"/> Confused	<input type="checkbox"/> Confident	<input type="checkbox"/> Cheerful
						
<input type="checkbox"/> Angry	<input type="checkbox"/> Embarrassed	<input type="checkbox"/> Sad	<input type="checkbox"/> Frustrated	<input type="checkbox"/> Shocked	<input type="checkbox"/> Jealous	<input type="checkbox"/> Tired
						
<input type="checkbox"/> Sick	<input type="checkbox"/> Nervous	<input type="checkbox"/> Stressed	<input type="checkbox"/> Worried	<input type="checkbox"/> Shy	<input type="checkbox"/> Disappointed	<input type="checkbox"/> Loved

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Noticing our Emotions



- What emotion are you experiencing?
- Do you notice any feelings in your body?
- Where can you feel it?
- How does it feel?

[Elmo: "I Notice, I Feel, I Can"](#)

Understanding Emotions

Emotions Board Game

Instructions

Roll the die and move your game piece that number of squares. Read the emotion written in the square and say a time when you have felt this emotion e.g. I feel happy when I am riding my bike.

The game can be for 2-4 players. The first player to get to the end wins!



ink saving Eco

Understanding Emotions

FIGHT - FLIGHT - FREEZE

What's really happening when we go into

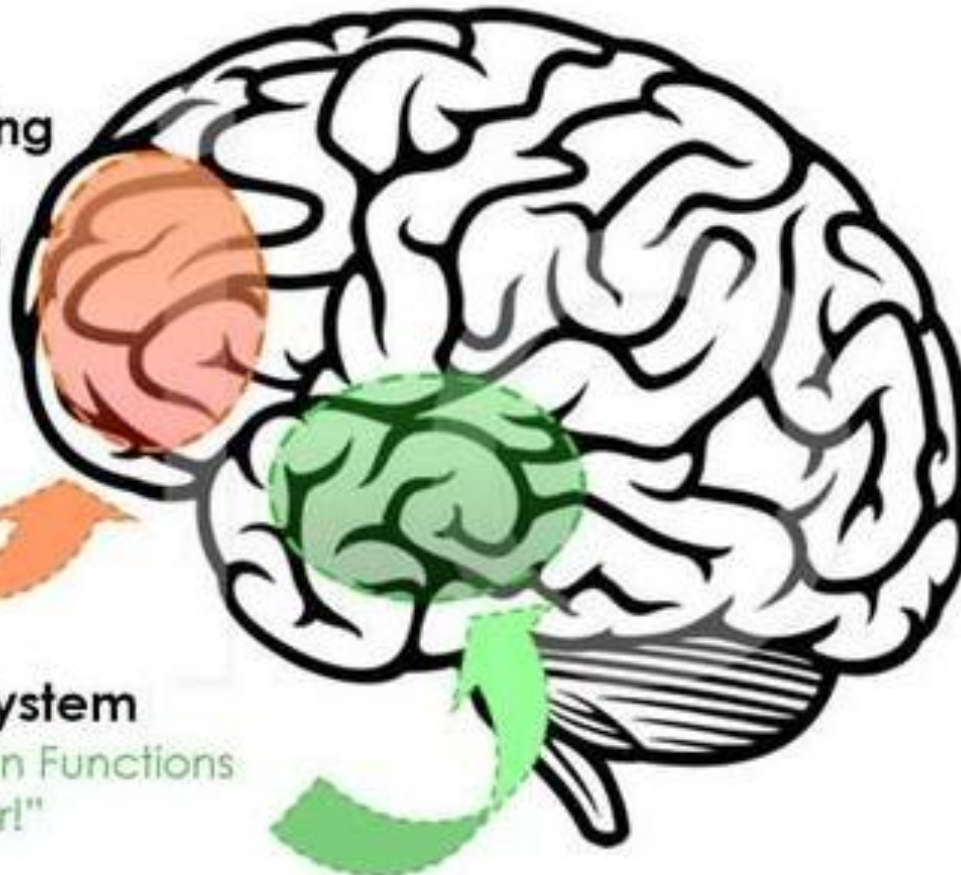
"Survival Mode"

Understanding
our brain
response to
emotions

Kids Want to
Know

Learning/Thinking
Brain

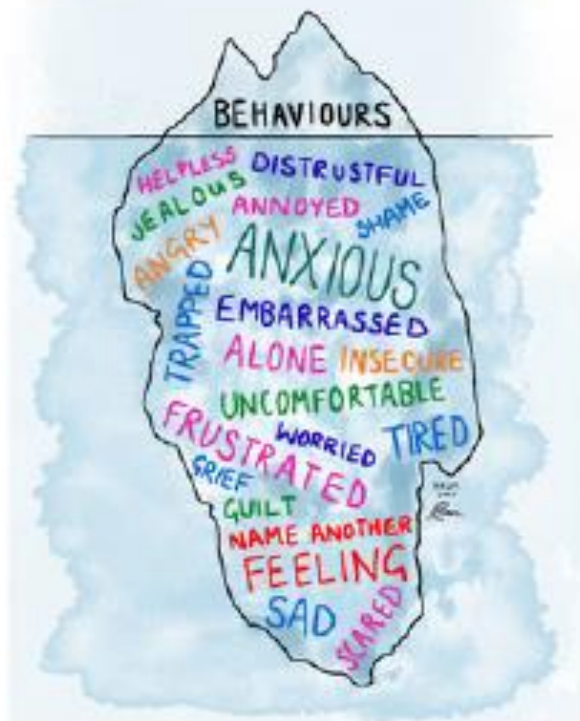
(Prefrontal Cortex)
The logical smart
part of your brain
goes "off line"



Limbic System

Lower Brain Functions
"Take over!"

Understanding our child's emotions



The child's behaviour tells you they are struggling with how they're feeling and need your support. Accepting the emotion will help you to de-escalate the behaviour.

Breathing to Help Self-Regulation



[\(36\) Breathing Exercises - YouTube](#)

Self-Regulation

5 finger breathing

An easy breathing technique for kids

Start here

Breathe in

Breathe out

End here

trace with your finger as you slowly take deep breaths in and out

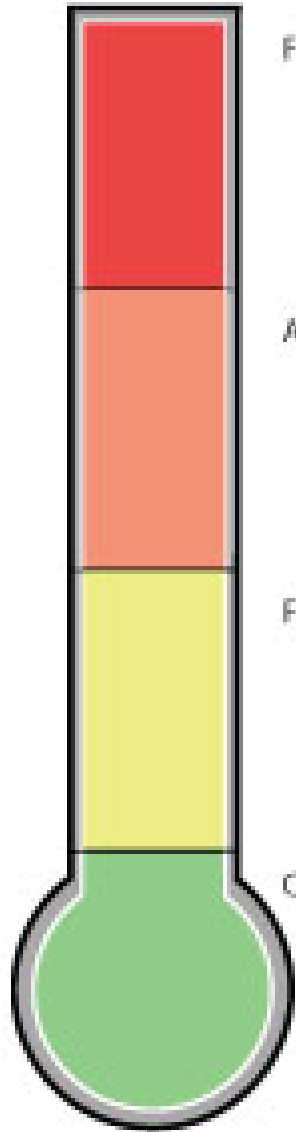
Wellness[®]
PEDIATRICIAN



Mindfulness Breathing with Maya

<p>Stop and smell the flowers</p>	<p>Blow out the candles</p>
<p>Blow on a pinwheel</p>	<p>Lazy eight breath</p>
	<p>Rainbow Breathing</p>

Identifying Coping Strategies



Furious

1. _____
2. _____

Angry

1. _____
2. _____

Frustrated

1. _____
2. _____

Calm

1. _____
2. _____

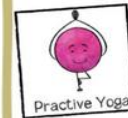


COPING SKILLS FOR KIDS



WHAT CAN HELP...

when I feel stress:



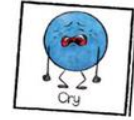
When I feel blah or BORED:



when I feel alone:



when I feel sad or hurt:



WHEN I FEEL ANGRY:



when I feel worried:



Identifying Coping Strategies



Zones of Regulation

The BLUE zone



How might you feel?

sad
tired
bored
moving slowly

What might help you?

Talk to someone
Stretch
Take a brain break
Stand
Take a walk
Close my eyes

The GREEN zone



How might you feel?

happy
okay
focussed
ready to learn

What might help you?

The goal of this exercise is to get to the GREEN zone.
What can you do to be happy, calm and ready to learn?

The YELLOW zone



How might you feel?

nervous
confused
silly
not ready to learn

What might help you?

Talk to someone
Count to 20
Take deep breaths
Squeeze something
Draw a picture
Take a brain break

The RED zone



How might you feel?

angry
frustrated
scared
out of control

What might help you?

Stop what I'm doing
Make sensible choices
Take deep breaths
Ask for a break
Find a safe space
Ask for help

What can I do if I'm in the red zone?

In the Red Zone I might feel:



My get to green choices are...



- Identify strategies with your child
- Avoid using negativity about being in red zone:
- ***“I see that you’re angry. It’s ok to be angry. But we don’t hit or hurt others. How can I help you calm down? Let’s try breathing together!”***

Red Zone

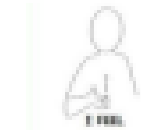
I need to STOP.



I can do try these tools:



'I' Messages:



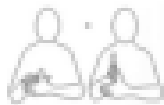
I feel...

Emotion



when you...

Action.



because...

Reason



I need...

Action.

'I' Messages:



I feel...

frustrated



when you...

snatch the
glue from me



because...

it makes me feel
angry and upset



I need...

- you to ask kindly for the glue stick
- Some space.

'I-messages' help children to communicate calmly and effectively with each other to resolve any disagreements or misunderstandings.

Emotion Coaching

TOP TIPS FOR EMOTION COACHING

ACKNOWLEDGE

Low levels of your child's emotion before they escalate to full-blown distress.

REMEMBER

Emotions are natural and normal, and not always a matter of choice.

RECOGNISE

A child's behaviour is a communication of an emotion they are experiencing.

CHECK HOW YOU'RE FEELING

Are you calm and ready to Emotion Coach the child?

“I can see you’re upset, are you feeling frustrated?”

“Would you like to calm down with me?”

“It’s ok to feel frustrated, I understand why you felt that way, but it’s not ok to scream at me”

“What could you have done instead when you felt frustrated?”

Restorative Conversations

- *“Do you know what upset you?”*
- *“Do you feel you reacted in the best way?”*
- *“Do you understand why that behaviour is not acceptable/appropriate?”*
- *“What might be a better way to respond next time?”*
- *“What can we do to support you when you’re feeling triggered?”*
- *“What are some things you can try to keep yourself calm?”*

The STOP strategy helps guide you through difficult conversations. Here are the key components: **S**tate the situation or problem. **T**ell the person what you want. **O**ffer an opportunity to respond. **P**rovide closure (review, summary, or thanks).

What can I do if I'm in the yellow zone?

Yellow Zone

I am losing some control.

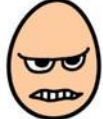
Annoyed



Frustrated



Mad



Worried



I can do try these tools:

Talk to adult



Quiet break



Drink water



Take space



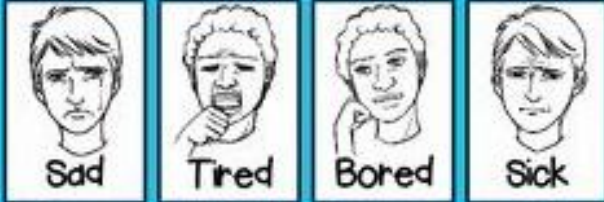
- Identify strategies with your child e.g.
- Calm areas in your house/garden/park
- Sensory objects they can touch, smell, look at, listen to



What can I do if I'm in the blue zone?

Blue Zone

I am running slow.



I can try these tools:



- Give your child time to sit with their emotions and process them
- Make it safe to talk about feelings: use praise and validate feelings, don't dismiss
- Role model
- Offer different ways to express emotions: diaries, wellbeing journals, colouring, physical activity, walking in nature, talking to a trusted friend/adult

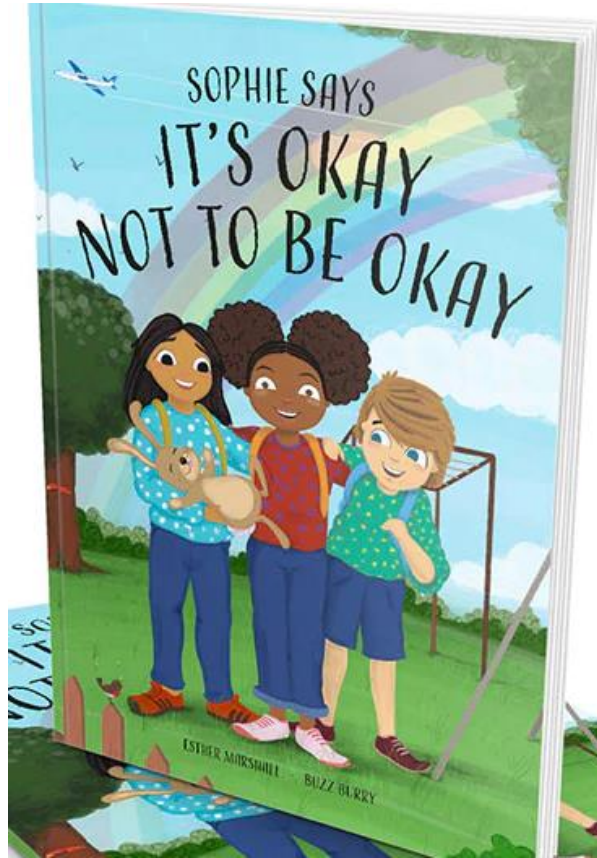
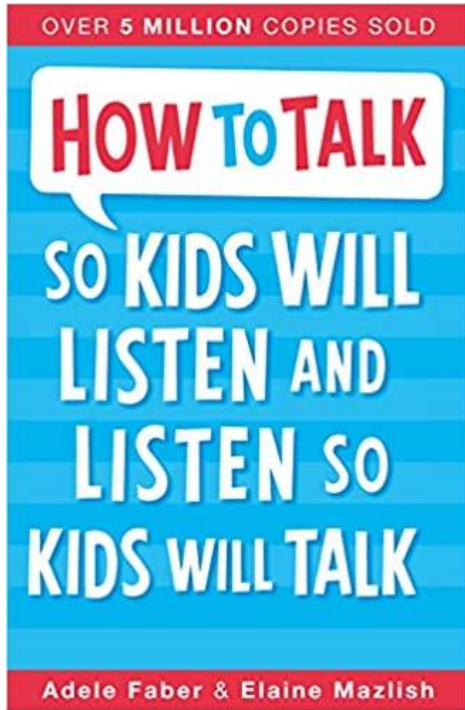
- It's ok for boys to cry!
- If they don't feel like they're allowed to express their emotions, they might bottle them up, and the emotions can present as angry outbursts or violence



Zones of Regulation – Basket of tools



Resources



[Parent Support Guide- Young Minds](#)



Final Reflections



- Label emotions and help your child to notice feelings in their body
- Acknowledge emotions, don't dismiss or judge
- Be curious about behaviours and underlying causes
- Practice self-regulation exercises
- Help your child to identify healthy coping strategies
- Read stories and talk through different scenarios