

# Emotions

Good and bad emotions are part of what makes us human and they evolved long ago to help us survive. Being able to name and articulate our emotions and recognise them in others is good for wellbeing.

This week the children were introduced to the colour monsters as a way of exploring emotions. They expanded their vocabulary to enable them to more clearly express how they are feeling. The message to the children was: it is good to understand how you are feeling, but also to try to focus on the positive. All children learned strategies, such as deep breathing, which might help them move from the negative feelings they might have to more positive ones. Older children explored more complex emotions and practised readdressing the negative bias by being grateful for the good things that happen to us everyday.

