

THIS WEEK'S TOPIC IS

COPING WITH EMOTIONS



Emotional regulation

- Emotional regulation is a hard part of growing up. We need to learn how to do it to keep ourselves and others safe and to have respectful relationships when we grow up.
- Children often mimic the emotional behaviour of those around them and so being a good role model and explaining your feelings is important.

Talking about emotions

- Children need to learn how to talk about their emotions.
- Anger, sadness or overwhelm are all normal emotions and we should talk about how we can try to regulate them but not feel bad for feeling them.
- Using lots of vocabulary about emotions helps children learn how to explain their feelings. E.g. don't just use angry, use furious, cross, annoyed etc.



Mindfulness

- Children in KS2 will have been talking about mindful breathing.
- This is a technique to practise every day that can help to regulate emotions when they occur. People who practise this are known to feel less stressed.
- Try practising mindful activities with your child/children such as mindful breathing or mindful colouring.

The Responsible Behaviour Curriculum