



How can we understand and manage our feelings?

OUR LEARNING JOURNEY

1 Exploring emotions

WAIL: to identify and name a range of feelings in themselves and others, such as happiness, excitement, anger and sadness; that feelings can be felt more, or less, strongly (zones of regulation).



2 Recognising emotions

WAIL: to understand that being aware of our thoughts and feelings can help us to manage them and is an important part of keeping healthy and well (build own toolbox for (zones of regulation).



3 How we talk about feelings

WAIL: how to recognise and talk about our feelings; to recognise that worrying, feeling lonely and feeling down are normal and that our emotions and feelings can change and fluctuate – how to seek support when we feel like this.



4 Managing our behaviour

WAIL: to judge how they are feeling and if their behaviour is appropriate (zones/teach size of the problem).



5 Managing difficult feelings

WAIL: How to manage feelings such as disappointment and frustration.



KEY VOCABULARY

emotion



A feeling we have inside.

happy



Feeling good and cheerful.

excited



Feeling very enthusiastic and eager.

angry



Feeling cross or frustrated.

sad



Feeling unhappy or down.

worry



Feeling anxious or concerned about something.

lonely



Feeling alone or without company.

support



Help and encouragement from others.

calm



Feeling peaceful and relaxed.

toolbox



A set of strategies to help us.

regulation



Managing our feelings and behaviour.

respect



Treating ourselves and others well.

MY TOOLBOX – THINGS THAT HELP ME MANAGE MY FEELINGS

Talk about my feelings



Take deep breaths



Take a break



Draw or write how I feel



Listen to calming music



Think positive thoughts



Ask for help



ZONES OF REGULATION

BLUE ZONE

Sad, tired, sick, bored.



I need rest.

GREEN ZONE

Happy, calm, ready to learn, feeling okay.



I'm good to go!

YELLOW ZONE

Worried, silly, excited, frustrated, losing control.



I need to slow down.

RED ZONE

Angry, terrified, out of control, panicked.



I need help!



Top tip: It's ok to feel in any zone. What matters is knowing what we can do to help ourselves get back to the Green Zone.

MAKE CONNECTIONS

- ★ What makes me feel happy?
- ★ Who can help me when I feel worried?
- ★ How can I help my friends?



HOME LEARNING IDEAS

- ★ Create your own feelings toolbox at home.
- ★ Talk to your family about times you have felt different emotions.
- ★ Try the Zones check-in each day.



? ASK ME...

- ✓ Which Zone am I in right now?
- ✓ What helps me when I feel worried or sad?
- ✓ Who can I go to for help when I need support?



MY CHECKLIST

I can...

- ☐ Name different feelings.
- ☐ Talk about how I feel.
- ☐ Use my strategies to help manage my emotions.
- ☐ Ask for help when I need it.



I CAN'T DO IT...YET!

I can't do it...YET!
But I will keep trying!
YET means I am learning, growing and getting better.
I believe in myself!

