

Developing children's emotional awareness and understanding (Continued)

Help the child begin to connect how they feel to particular emotions in different situations (labelling and expressing feelings)

Adopt the technique of 'thinking aloud' such as *"I can see you are upset... angry..." I wonder if you are upset... angry because...."* (This helps provide a label for how the child may be feeling so they can relate to different emotions in different situations)

ACKNOWLEDGE

- Demonstrate recognition, acknowledgement of the child's situation

LABEL

- Label the feeling or emotion for the child based on observation/ context

SUGGEST

- Suggest a possible reason for the feeling or emotion linked to the situation or context

Encourage child to explore/ describe their feelings, think about what their face looks like? How their body feels in certain situations? e.g. *when someone has taken a toy, when they are hurt etc.*

Introduce a feelings thermometer - Model and encourage child to show/ verbalise how they feel at different points. For it to be most effective make it personal by taking photographs of the child showing the expressions / emotions you wish to recognise and target e.g. calm, happy, angry... limit to a three photograph 'traffic light' format

Teach what they can do or say when they feel 'sad', 'angry', 'worried'
For example: Provide them with options, use of a social story to explain, provide the support, script or words they need to help solve the conflict or problem. Use regular circle time, small group, emotional literacy/coaching sessions to cover different scenarios and situations

Allow/ encourage child to express emotions in different ways – verbally, non-verbally, drawing, angry doodling or scribbling, calm down box etc

Teaching techniques to aid self-regulation may include:

- Seeking help
- Finding a quiet safe place to go
- Working on breathing
- Seeking a cuddle for reassurance comfort,
- Using appropriate resources e.g. fidget toys, stress balls, blankets



Links to EYFS:

Communication & Language, Personal Social & Emotional Development

SEND Code of

Practice: Social Emotional & Mental Health, Communication & Interaction, Cognition & Learning