

# Wellbeing Workshop

Monday 6<sup>th</sup> March 2023



# Aims

This morning we will talk about how to:

- Help children understand and recognise emotions
- Understand behaviour as a form of communication
- Use practical strategies to help children manage big emotions at home



# Recognising emotions

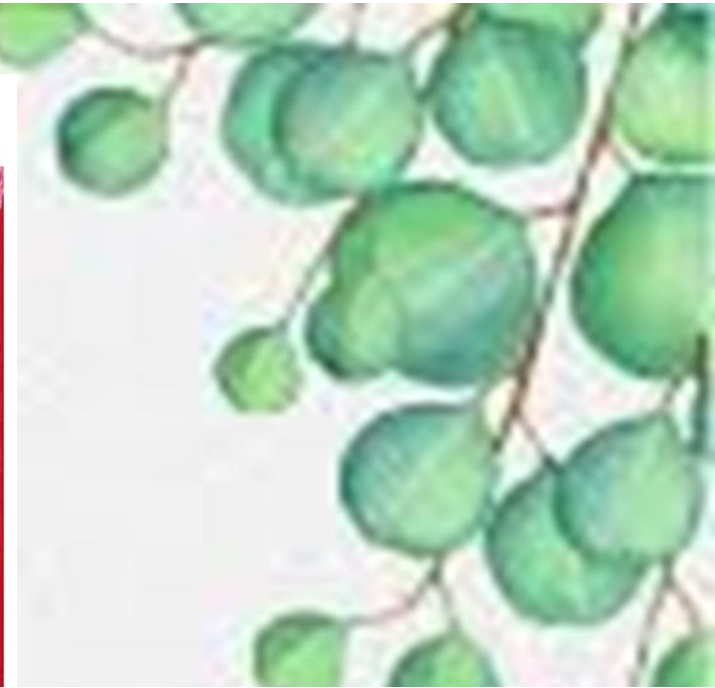
To help children begin to understand emotions, we need to help them make links between experiences and physical feelings first. Once children can link physical feelings and emotions, they can then begin to name emotions, which help them explain how they are feeling.

*Which emotions do your children struggle with? What does this look like at home?*

**Useful Resources to Support Understanding**  
Colour Monster, body maps, 'Inside Out'



Sometimes, you want to take out your anger on others.  
But I'll be nice to you, Color Monster, and your anger will disappear  
!



This is happiness.  
It shines yellow like the sun  
and twinkles like the stars.

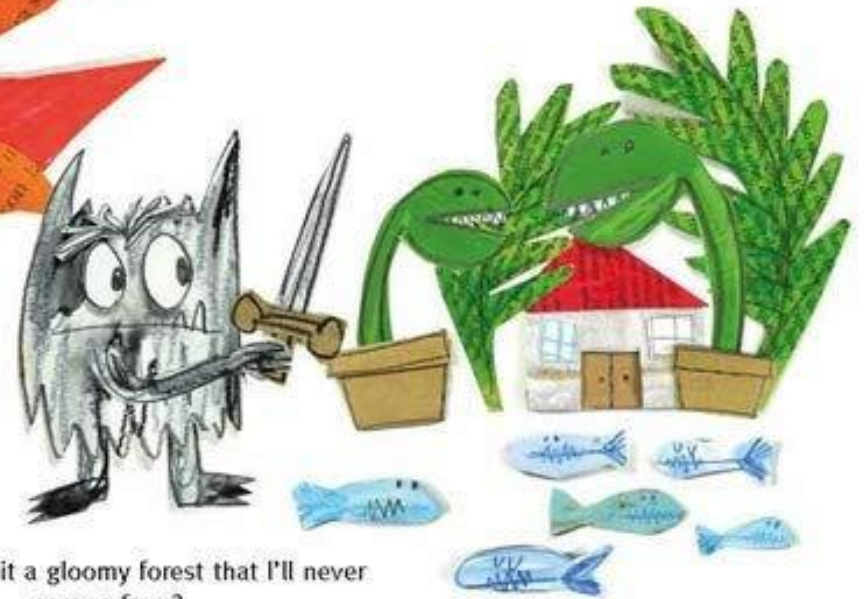


School? What is that?



Is it a spooky castle  
filled with wild animals?

Is it up in the sky with the  
rainbows and clouds?



Is it a gloomy forest that I'll never  
escape from?

# Let's Talk About Feeling

Getting your child to talk about how they feel when they struggle to understand and name feelings can be really difficult.

Using games and activities where children can show their feelings without always verbalising feelings can be really helpful.

- Colour Jenga
- Colour beads – necklaces, towers
- Emotion potions



# Our Buckets



We all have different capacities (buckets) Each human's resilience level and ability to cope with stress, change, challenge is different.

The experiences we have in a day affect this. How children might feel physically can have a huge impact on their 'bucket', such as feeling tired or poorly.

Behaviour communicates how we feel, but when our capacity is lower, our ability to communicate effectively is also lower.

To understand what children are truly feeling, we need to create calm.

How we challenge behaviours at times needs to adapt to meet the capacity.

### **Strategies to Create Calm When The 'Bucket' is Overflowing:**

- Breathing techniques
- Mindfulness
- Distraction
- Picking the right time to talk
- Walking away
- Never get in an argument.





# Daily Techniques/Routines

Consider the way to create 'holes' in your child's 'bucket'.

What activities bring them joy?

Reflect on spaces at home.

Does your child have places to go that are calm and quiet?



# Top Tips

Resources you can use at home and routines to embed:

- Worry dolls, stones, journals
- Hobbies, sports – enables children to offload/release tension, plus increase oxytocin – happy hormone
- Check-in times, car journeys/walks
- Quiet, calm times – reducing potential for overload
- Consistent and calm behaviour strategies – consider tone, if your child is struggling making your tone calmer and quieter helps.
- Use of physical touch to comfort and regulate
- Reflection time after behaviours

