

Let's talk

Wellbeing: Recognising and managing our emotions

In previous Wellbeing updates, we have discussed the importance of acknowledging all emotions and ensuring that children understand it is ok to feel them. They should be aware and recognise these emotions and know the boundaries of what are acceptable actions as a result of these emotions (see previous on Emotions Coaching). We have also shared ideas about how children (and adults!) can manage these emotions, feeling calmer so that they can make better choices. Children need a reminder to STOP, THINK and then CHOOSE an appropriate action. Here is a reminder of these ideas.

Ways to feel calmer when we feel angry, upset or worried:

Ask for help Walk away Mindfulness Listen to music
Calming or fidget toys Take deep breaths Count to ten

Omega bubble makes calming bottles

As part of an emotions lesson, the Omega bubble made calming bottles after talking about their emotions and how they can manage them. The glitter in the bottles help to represent that we are unable to think clearly and empathise with others if our mind is too clouded by an emotion. We need time for it to clear and settle so that we can think and act appropriately.



Resources for a calming bottle:

- A small bottle or jar
- Glitter or confetti
- Clear glue (fill 20% of bottle)
- Warm water (to fill the other 80%)
- Food colouring
- Tape to secure the bottle top



Omega bubble make calming bottles



More information? If you have any concerns about your child's emotional wellbeing, please don't hesitate to contact Lorraine Watkins, our school ELSA (Emotional Literacy Support Assistant), at wellbeing@emma.nuel.camden.sch.uk.

The movie Inside Out helps explain the different emotions we feel and is recommended for supporting children to understand their emotions.

