

Ideas for you and your child

- Ask your child about the assembly story.
- Play Mime An Emotion with your child/ren. This will help the children understand the body language that accompanies different emotions.

OR

- Play Draw the Emotion with your child/ren. Use the emotions at the bottom of this page to start you off.
- Chat about happy family memories and sad family memories.
- Family Homework – discuss when different members of the family feel different emotions.
- Family Homework – talk about the Feeling Wheel, especially some words your child may not know well.

selfish

jealous

loved

surprised

disgusted

PARENT AND CARER GUIDE

FEELINGS

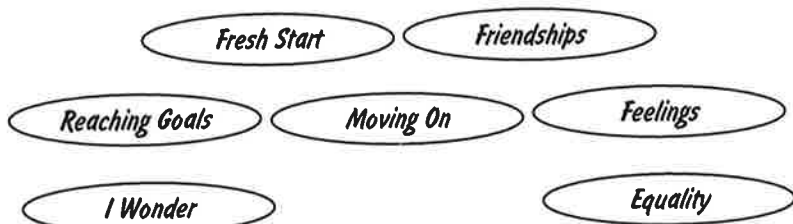
CREATING CONFIDENT KIDS

DEVELOPING EMOTIONAL WELL-BEING AND SELF-ESTEEM



What is Creating Confident Kids?

- It's a pack with a great selection of games and activities for all of us to help us get better at understanding feelings and how they affect our learning, the way we act and feel.
- Seven topics are studied at all levels from 3–12 years.



- *Bullying* is studied in every class from 5–12 years.

Bullying

What is Emotional Literacy?

Here's how a 7-year-old might say it:

I know what I feel.
I can say what I feel.
I am learning how to handle my feelings.
I know how THEY feel.
I can say how THEY feel.
I am learning how to handle THEIR feelings.

Or in other words...

Learning...
Self-awareness
Self-management
Empathy
Relationship Management

Feelings ...

... is all about exploring a range of different feelings that we all experience.

How do we look when we feel these emotions?
How do others look when they feel these emotions?

What will the children be learning?

- | | |
|----------------|---|
| Nursery | I can tell when I am feeling happy, excited, sad, angry, scared and loved. |
| P1 | I can try to guess what another person is feeling. |
| P2-3 | I can feel my feelings strongly and I can feel them a little bit. |
| P4-5 | I can use different words to describe my different feelings. |
| P6-7 | I can choose not to do something I don't want to do in order to be accepted.
I can control my impulsive feelings by calming myself down so that I can think clearly about the best thing to do when someone does something I feel angry about. |