

Transition Thursday

Wellbeing, and emotional knowledge.

Children of all ages can benefit from support in learning about their emotions and the emotions of people around them. Understand that your child's emotional development is still under construction. Take time to coach your children through emotions. Support their learning that all emotions are ok. Teach them the names of the feelings they experience. Help them to regulate when they experience big feelings.

You can support your child by:

- Playing a game of emotion focused charades, emotion bingo or emotion matching memory.
- Talk about the feelings people might have in the books you read.
- Express your own feelings when feeling different to your "normal".
- Create a quiet space at home where your child can regulate their emotions.
- Help your child to label the feelings they are having.
- A reflection journal to note a sentence each day.

Benefits to the child/ren:

- Builds self confidence and self esteem.
- Increased confidence in making decisions.
- Awareness of various emotions and how to express these.
- Ability to express themselves to others and share their feelings.

