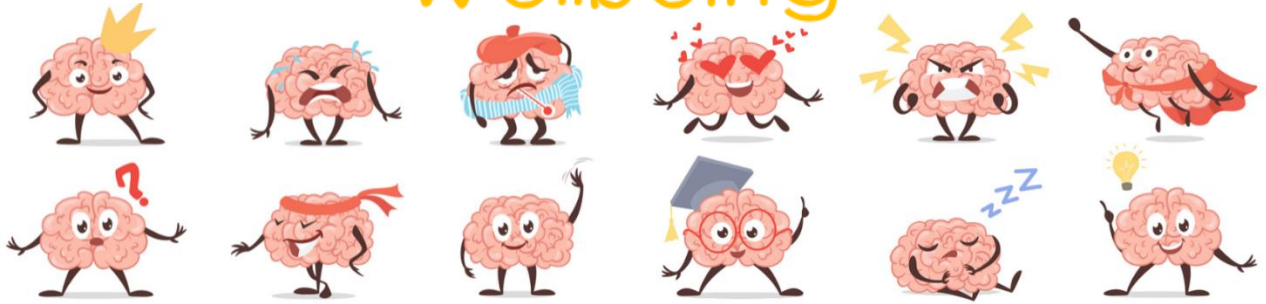


Wellbeing



Feelings and Emotions

Last Friday the Year 6 Unit lead the whole school in the second of our Wellbeing sessions about Feelings and emotions.

Did you know there are over 3400 different emotions?

Feelings and emotions are neither 'good' or 'bad', however some may make us feel uncomfortable, overwhelmed, or cause us to behave in an unsafe way.

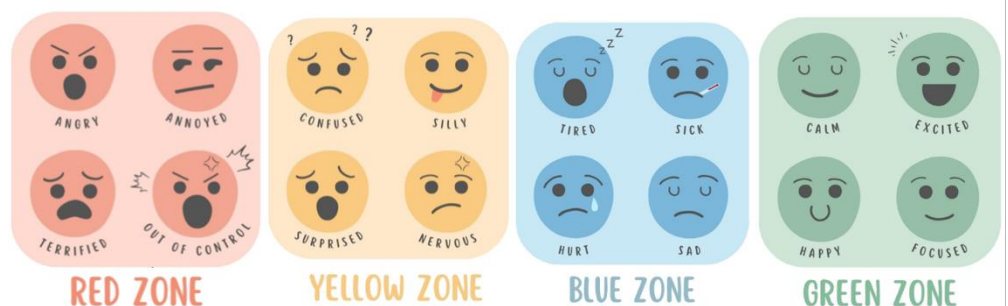
Knowing and recognising our feelings and emotions helps us to be good learners and friends.

It is important for us to be aware of the feelings and emotions we have and be able to name them and know how to deal with them.

It is also important to know that feelings and emotions come and go. Feeling nervous, excited, angry, and anxious are all important feelings. These feelings tell us that we need to pause and find a way to calm ourselves so we can engage in our learning and play in safe and friendly ways.

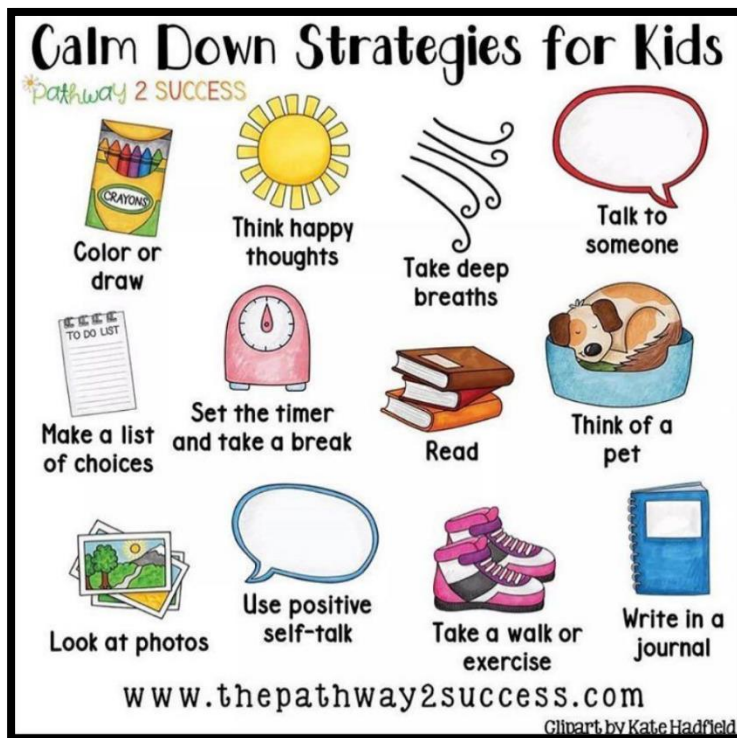


During the session students made a Feeling Zones card. They talked about which zones are the best for learning and being a good friend.



We can feel lots of different feelings in just one day or even all at once!

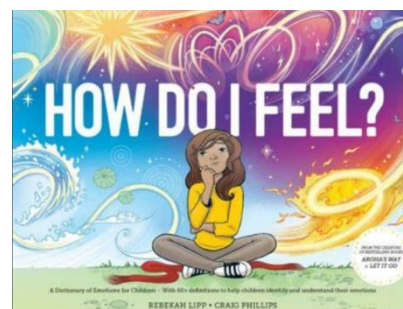
It is helpful to have strategies to use when we are feeling in the red, yellow, or even blue zone. Talk to your child about helpful strategies they can use at home, and at school while playing and learning. Just as it is important to be able to recognise our feelings, it is also important to know what to do when our feelings are getting too big. Using coping strategies takes a lot of practice.



Talk to your child about what they learned at the session last week.

How Do I Feel?

By Rebekah Lipp and Craig Phillips



- [Coping Skills For Kids - Managing Feelings & Emotions For Elementary-Middle School | Self-Regulation - YouTube](#)
- [Brain Basics: Anxiety for Kids - with Lee Constable - YouTube](#)
- [Self-regulation in children & teenagers | Raising Children Network Calming down for children: how to help | Raising Children Network](#)
- [Understanding emotions: children & teens | Raising Children Network](#)