

MY THOUGHTS, FEELINGS & BEHAVIOURS:



EMPATHY

Lesson Objectives:

- Children will have the opportunity to think about different feelings and how they can affect our demeanours and behaviours.
- Children will learn about empathy and the importance of considering the feelings of those around them.
- Children will review their own *Early Warning Signs*
- Supports key messages from the Protective behaviours Taking Care Programme.

Key Messages:

Children will talk through the different emotions they know - remember there are no such things as good or bad feelings - they are all ok to feel - what is important is how we behave when we feel them. This is often what makes a feeling right or unsafe. Children will think about the physical signs or behaviours that might give away how themselves or other might be feeling.

“How could you tell if one of your friends were feeling upset... worried, pleased or angry about something...? How would their body’s tell you...? What signs could you look for?”

Is there anything we could do to try and help them to feel better?”

When someone feels unsafe (for example if they were about to get on a rollercoaster or like Autumn on a high ropes course..).

Closing:

Today we learned about looking out for clues as to how people around us might be feeling. When you can put yourself in someone else shoes and imagine how they feel we call that...? Empathy.

We also remembered what our own Early Warning signs are and who we can talk to for help.



Key Messages continued...

Some people might get butterflies in their tummy, or legs might go shaky or they may get tummy ache or feel like they need the toilet... We call these triggers our Early Warning signs -

Early warning signs are something we talk about in both the Protective Behaviours programme - Taking Care and as part of All About Me. We will use this as an opportunity to remind the children of their early warning signs and who they can talk to if they need help.

Useful Links:

- There are some fantastic books listed in our library about emotions and managing big feelings. Check them out here:
- Download our:
 - EWS character outlines
 - Support network worksheets.

CARRYING ON THE CONVERSATION AT HOME:

If you have a pet at home, they are great to talk about when it comes to feelings. Pets can't talk but they have ways of letting us know how they feel. Ask your child how you can tell if your pet is scared or excited? How do they show us how they feel....?

Play a game when you are out and about and see if you can guess how other people in the park might be feeling... how can you tell? What clues are they giving you? Play this often, it is a great way of learning and practicing emotional literacy.

Ask your child if they know what Early Warning signs are. Ask them if they can tell you where they feel their own Early Warning Signs. What do they need to do if they have them? Who can they talk to?

We have provided a copy of our character outline and support networks so you can use them at home as well.



