

# MY THOUGHTS, FEELINGS & BEHAVIOURS: DEALING WITH BIG FEELINGS



## Lesson Objectives:

- Children will have the opportunity to think about different emotions and explore how people may look and act when they have these feelings.
- Children will learn that feelings are neither good or bad, right or wrong. It is how we behave when we have these feelings that make them either safe or unsafe.
- Children will consider how their friend's behaviours might be influenced by their feelings and try to understand the reasons for this.
- Children will understand the importance of telling a trusted grown up if they have a worry to help them to get help.
- Supports key messages from the Protective behaviours Taking Care

## Key Messages:

This lesson is designed to give children the opportunity to practice their emotional literacy. To not only give them the words to talk about their own feelings, but also help them to recognise how others around them may be feeling and understand why they may be have or react in a certain manner.

### One of our key messages is:

*there is no such things as bad feelings - feelings are feelings, not good or bad, right or wrong. It is often the behaviour that follows when we experience big feelings that is unsafe.*

As part of the lesson we will be using the picture book **Elephants in the Custard** ([link to recommended library](#)).

We will also give the children the opportunity to think about and fill in their Support networks so to ensure that they all know who they can talk to if they have a worry or need to ask for help.

## Closing:

**There are no such things as bad feelings.** But sometimes the feelings that follow the feeling is unsafe. We all can all feel angry, or sad or worried from time to time. It is perfectly natural to feel this way, **but it is never ok to hurt others or yourself. There are other ways - safer ways of dealing with them.** We can choose how we behave - and if we have difficult to manage feelings we can ask for help.

# CARRYING ON THE CONVERSATION AT HOME:

One of the activities we will be playing at school is feeling charades. We will give the children a feeling to act out and the rest of the class will try to guess how they might be feeling. This is a fun way of not only giving children the words to describe their feelings, but also helping children to recognise the behaviours (both positive and negative) that are often associated with different feelings.

Play at home. If you or your child acts out a negative behaviour associated with a feeling - for example perhaps they throw a punch or stamp their feet because they are acting out anger... then you could remind them that being angry is OK - but ask them to come up with a better behaviour to deal with the feeling instead. This way you give them tools to deal with their own big emotions.

Children will only deal with emotions in positive ways if we give them the tools and solutions to do so. We can model the behaviours we want to see and give children alternatives for when they are showing behaviours we would like to change.

Ask your child to draw around their hand and create their own support network at home - make sure that the people on your child's network are aware and know how to react if your child speaks to them.

Ask your child to tell you about the stories they had in class - they will have talked about Lucy's first day at a new school - ask how she felt. How did Dylan help? And then the picture book *Elephants in the Custard*.

When you are out and about in the park or watching TV, ask your child if they can guess how other people might be feeling. What are the clues, what gives it away. This is a great way of practicing empathy. Talk to them about what they can do if they see another child who is upset, needs help or is behaving unsafely. We will be covering more of this in the next lesson too.



## Useful Links:

- There are some fantastic books listed in our library about emotions and managing big feelings. Check them out here: including **Elephants in the Custard**.