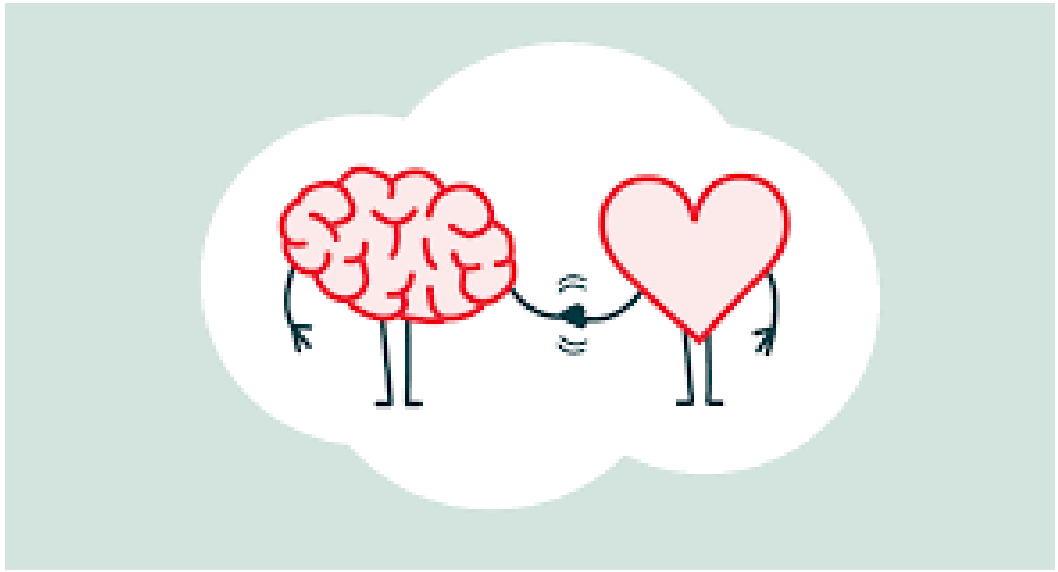
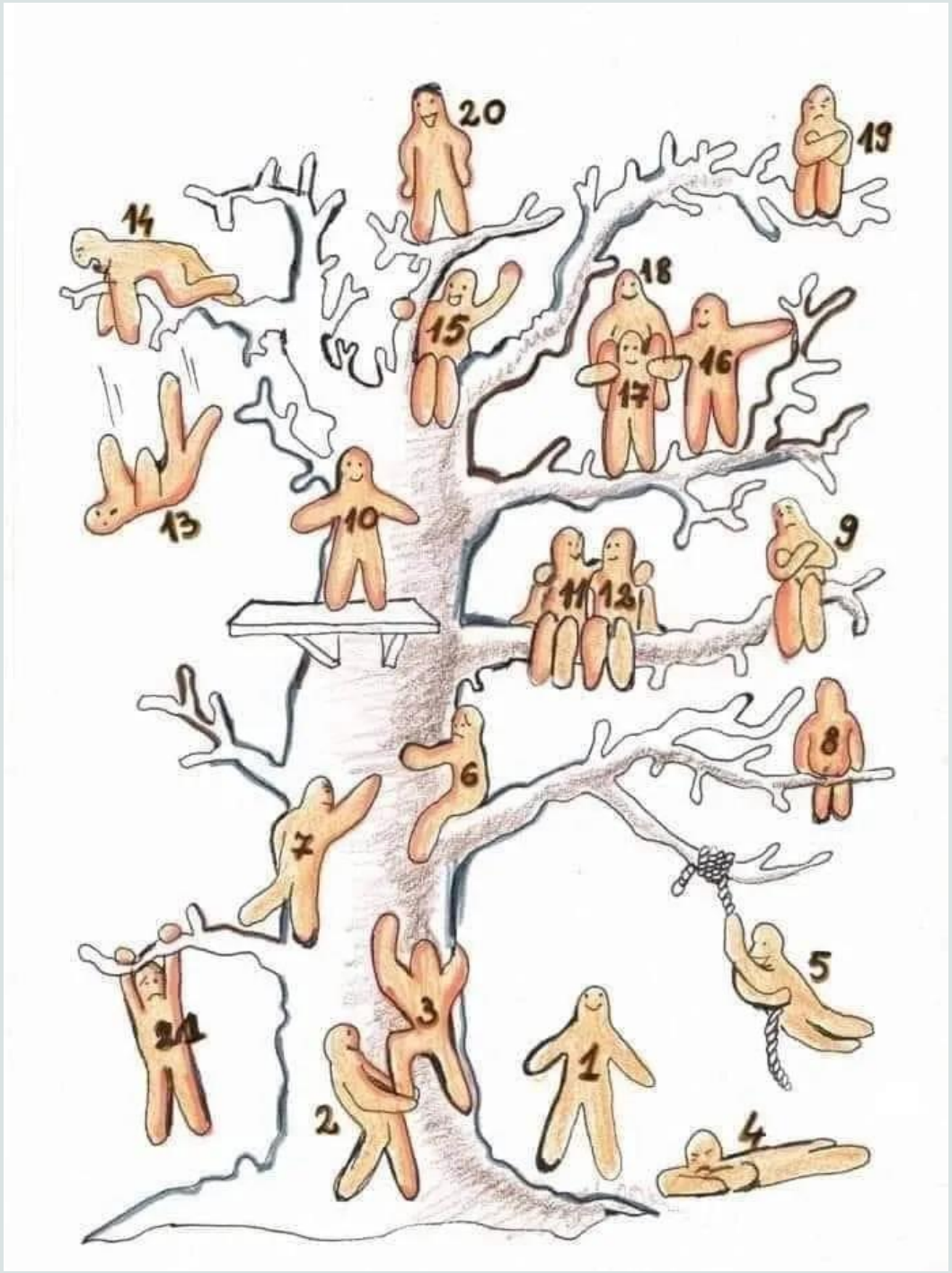
Little people with BIG emotions

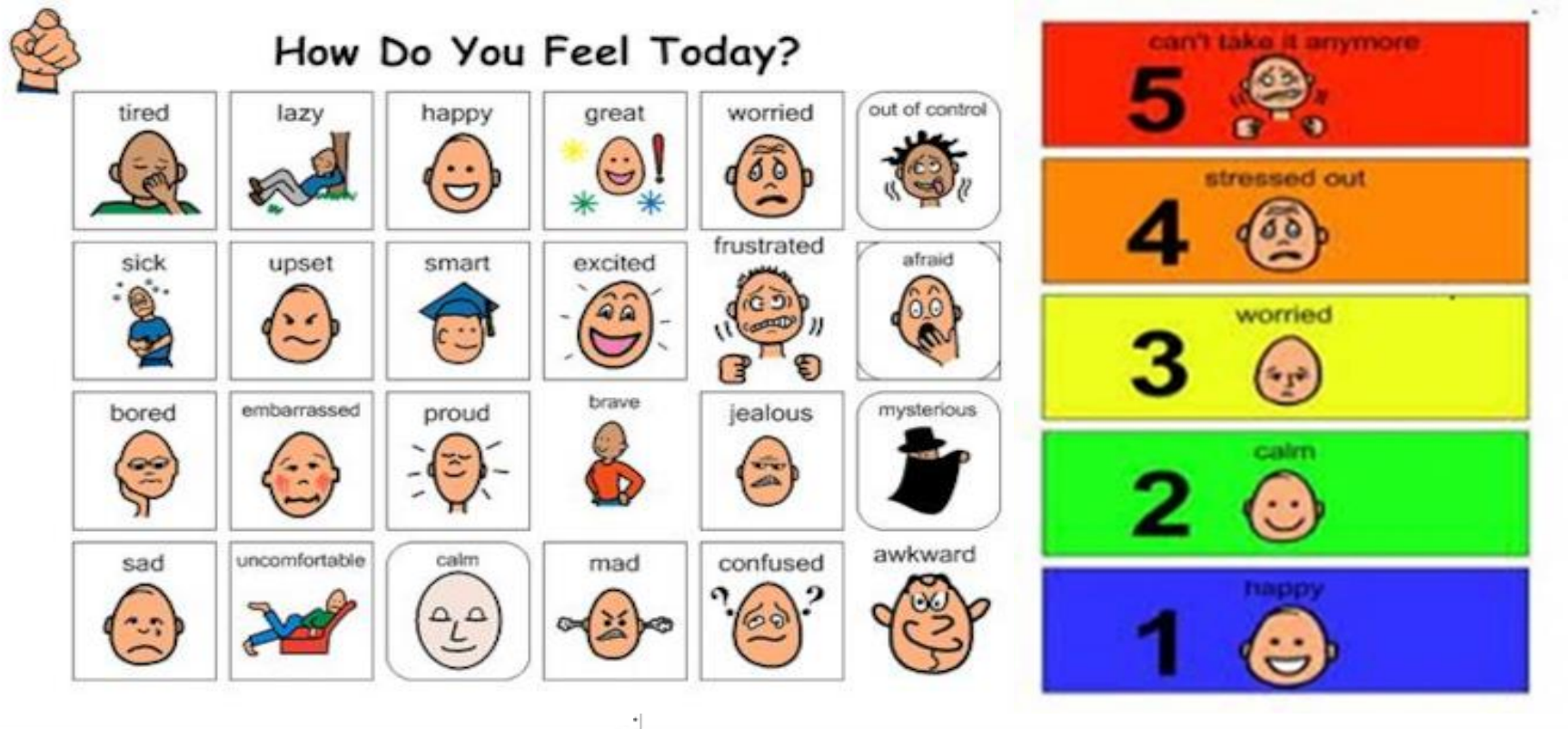
Lucy Baker

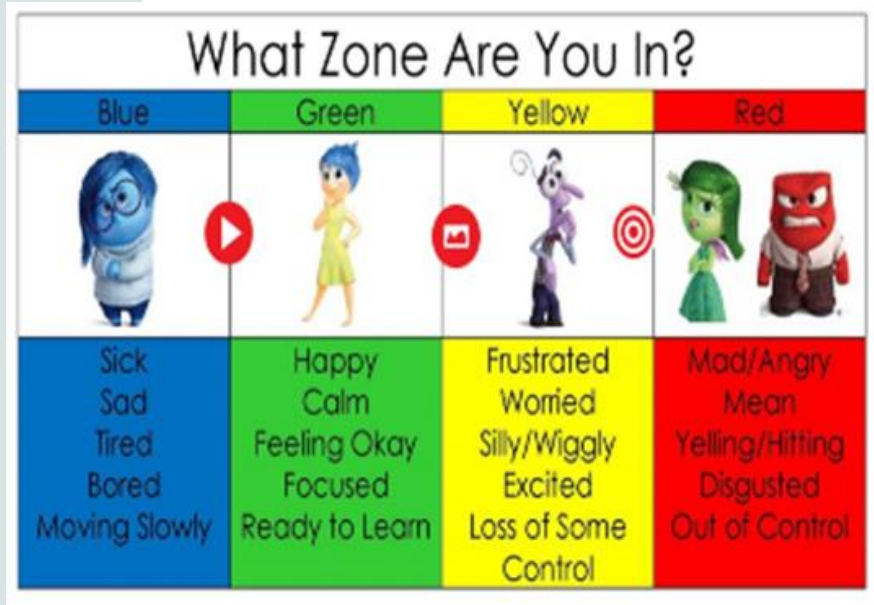
EYSEND Advisory Team

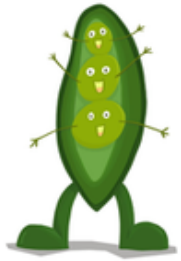





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Blue Zone	Green Zone	Yellow Zone	Red Zone
			
Running Slow Bored Sad Sick Tired Moving slow	**Good to Go** Feeling ok Happy Calm Focused Ready to Learn	**Caution** Silly Loss of some control Frustrated Worried Giddy	**Stop** Mad Angry Terrified Out of Control Mean

Everyone needs help to understand, recognise and identify with their feelings.

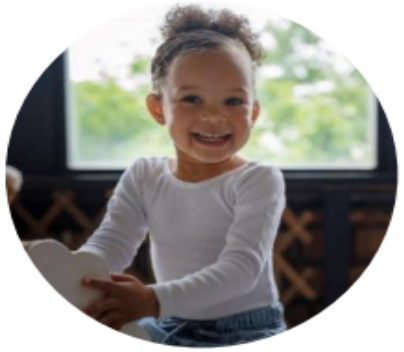




Teaching Emotions Strategies



- Mindfulness activities
- Simple language
- Model language



- Repeat activities across the session
- Visuals: photos, puppets, books



- Use of facial expressions
- Emotion coaching
- Naming and labelling emotions in child/self
- Use of calm safe spaces (sensory/low arousal)

Toolbox of strategies.

Listen and give pupils the opportunity to explain.

Regulate, relate and reflect.