



January 2022

Welcome

Hello! We hope everyone had a fabulous festive season! We know the holidays are a very exciting time and that people can feel a bit blue in January. So, this month's newsletter is all about emotions! We're sharing strategies and advice that you can use, to support your child's emotional wellbeing & regulation.

Ask your child to draw different facial expressions.

Act out the emotion and see if your child can guess it.

You and your child can practice emotions together and take pictures to look back at



How to talk to your child about emotions



Ask your child how they think people are feeling in everyday life, books, films and tv shows.

Talk about emotions when your child is feeling calm and ready to talk

Ask your child to name how they are feeling and why?

Books about emotions

Here are some helpful book you can read with your child, to help begin conversations about emotions...



Emotions Visuals

It can be difficult for children to put words to how they feel. That's why having visuals they can show instead, makes such a difference. We love using zones, which sorts emotions into 4 colour coded zones. Children simply have to say what colour zone they feel!

Begin by putting the zones visual somewhere you can easily see. You can start by telling your child how they may be feeling (e.g. "I think you're in the blue zone because you are feeling poorly"). As you get more familiar with the zones, you could ask them how they feel using questions like "how are you feeling?" or "what zone are you in?". Over time, see if they can show you by themselves...

The ZONES of Regulation

<p>Blue Zone</p> <p>Sad Bored Tired Sick</p>	<p>Green Zone</p> <p>Happy Focused Calm Proud</p>	<p>Yellow Zone</p> <p>Worried Frustrated Silly Excited</p>	<p>Red Zone</p> <p>overjoyed/Elated Panicked Angry Terrified</p>

Managing Emotions

Why not try these different techniques to help your child regulate their emotions.



If your child is feeling blue, listening to the favourite song may lift their mood.



If your child is feeling stressed or worried, try taking some deep breaths.



If your child is experiencing strong emotions, try activities that use high levels of energy (e.g running, star jumps, trampolining etc.)



If your child is feeling bored or tired, try an outdoor break. The fresh air will help them focus.



If your child is feeling silly/wiggly, try giving them a fidget toy to calm themselves down.



Let your child have a time out in a quiet space. Once they are calm, try talking about why they felt the emotion

Cbeebies: Mindfulness for Parents and Children

The Cbeebies website has some great tips and tricks to help children relax and be mindful of the world around them.



Relax and Breathe with Book Cub