



TOWN LANE INFANT SCHOOL



Emotions



Facial expressions

Help your child to recognise expressions by asking questions such as: Is that a happy face? Is that an angry face?

Look at characters in books or on the TV and discuss what they are feeling and why? Emphasise facial expressions and look at expressions in the mirror.

Ask your child to draw facial expressions on blank circles and label them.



Physical feelings

Encourage your child to recognise sensations in their body relating to their feelings. For example, a tummy ache when feeling worried or tingly fingers when feeling angry. You can draw a body shape and identify the feelings with colours. They may be hot, cold, clammy, sweaty, tingly, feeling sick, fast heartbeat, dizzy.

Understanding, labelling and expressing

Practise saying the sentence "I feel...because..."

Your child can express their feelings through many ways such as talking, drawing, keeping a diary or acting. Ask how they feel in certain situations, such as when it is raining or thundering. Discuss what makes them feel sad, happy, angry, excited, worried.

Empathy

Empathy is the ability to understand how others may feel. It develops with age and experience. It can be developed through looking at others facial expressions, imagining how they would be feeling if something happened to them and show kindness if somebody is upset.

Regulation

Regulation is your child coping with their feelings. Is there a safe space they can go to when they are angry or sad? Provide relaxing and calming activities for them to complete such as colouring, Lego, fidget toys or drawing.

