



Emotional Literacy

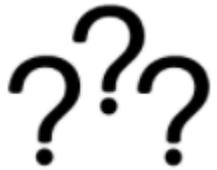
25th January 2020

Mr Moore and Ms Halil

Housekeeping



Mute

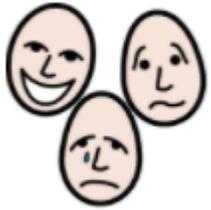


Questions



Confidential

Overview



Emotional Literacy



What do we do in school?



What can you do at home?

About Us



Mr Moore

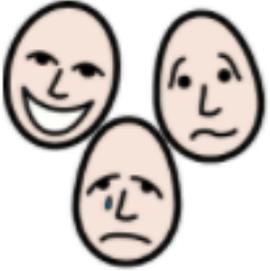


Ms Halil

What is Emotional Literacy?



Emotional Literacy



Understanding own and other's emotions



Expressed in our communication and behaviour



Understanding that people feel emotions in different ways.

Self-

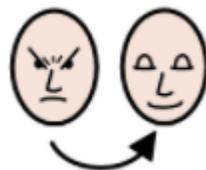
Awareness

Recognise feelings as they happen



Emotional Control

Self-manage your emotional reactions



Self-

Motivation

Determination to work with your emotions



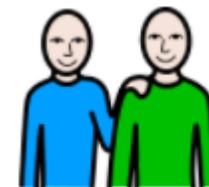
Empathy

Emotional Sensitivity to other people's feelings

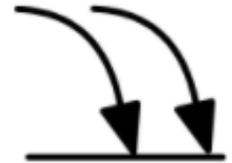
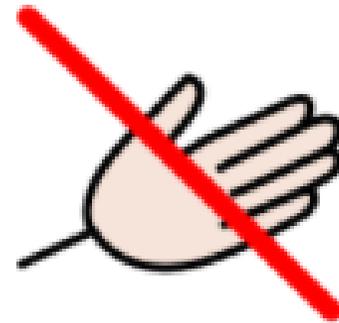
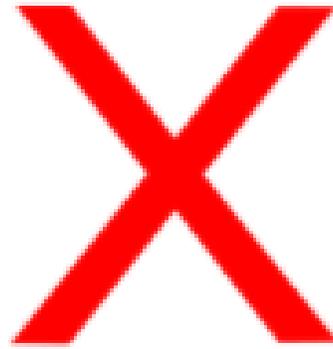
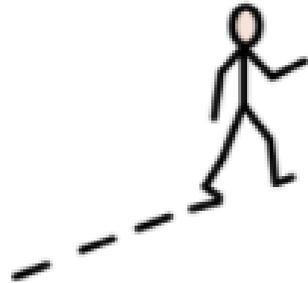
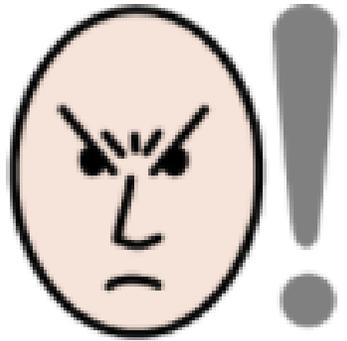


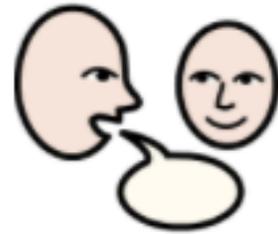
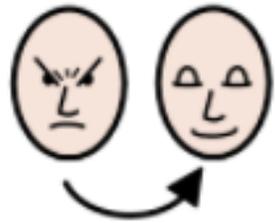
Handling Relationships

Social skills to work with or lead people.



Identification and Self-Management







Managing Relationships



Benefits

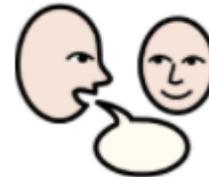
self-aware



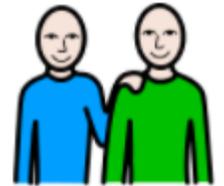
self-motivated



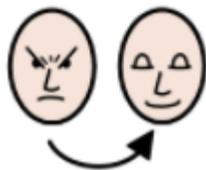
better communication skills



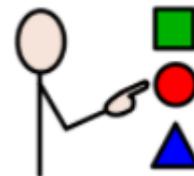
improved relationships



manage stress



better decision-making skills



empathetic



**“If a child doesn’t know
how to read, *we teach.*
If a child doesn’t know to
swim, *we teach.*
If a child doesn’t know how
to multiply, *we teach.*
If a child doesn’t know how
to drive, *we teach.*
If a child doesn’t know to
behave, *we teach?*
*Or punish?”***

Herner 1998

What do we do at Barnfield School?



- Zones of Regulation
- Circle time
- Well-being Surveys
- Register

Zones of Regulation

Within each classroom we have a system that has four different colours. Each 'zone' has different emotions.

The children are then able to put their names on a particular zone depending on how they feel.

| Blue | Green | Yellow | Red |
|---|---|---|---|
|  |  |  |  |
| Sick Sad Tired Bored Moving Slowly | Happy Calm Feeling Okay Focused Ready to Learn | Frustrated Worried Silly/Wiggly Excited Loss of Some Control | Mad/Angry Mean Yelling/Hitting Disgusted Out of Control |

Zones of Regulation

- The children have been learnt different words for their emotions and able to understand the difference between each zone.
- Children will have a chance to move zones how often they want to. In the morning and lunch time seems to be the main time that the children change zones.
- Myself and Mrs King will often ask the children if they are on blue or red why they are feeling this way. This enables us to 'check in' with the children and seeing if we can help get them back to green.



Zones of Regulation

- If someone is on blue or red....
- The positives are that they understand that they want to go back to the green zone.
- The children are starting to regulate their emotions independently.
- Would like to have these zones and prompt questions in the playground to help children outside.



Circle time

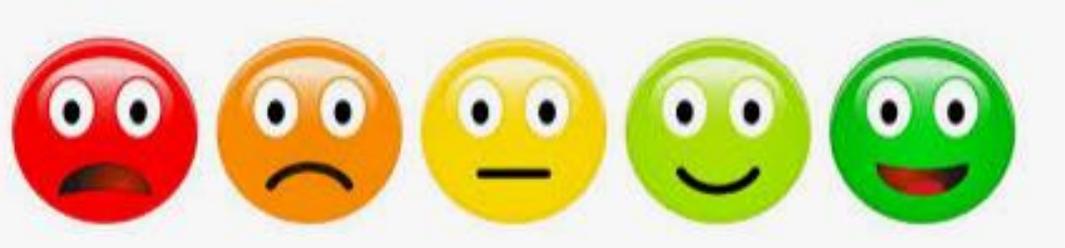
- For PHSE once a week or when teachers feel necessary.. we have a circle time.
- Leading statements can be used such as:

I feel sad when...

- Pass an object around so you can only talk once you're holding it.
- We do not force anyone to speak if they do not want to.



Online...



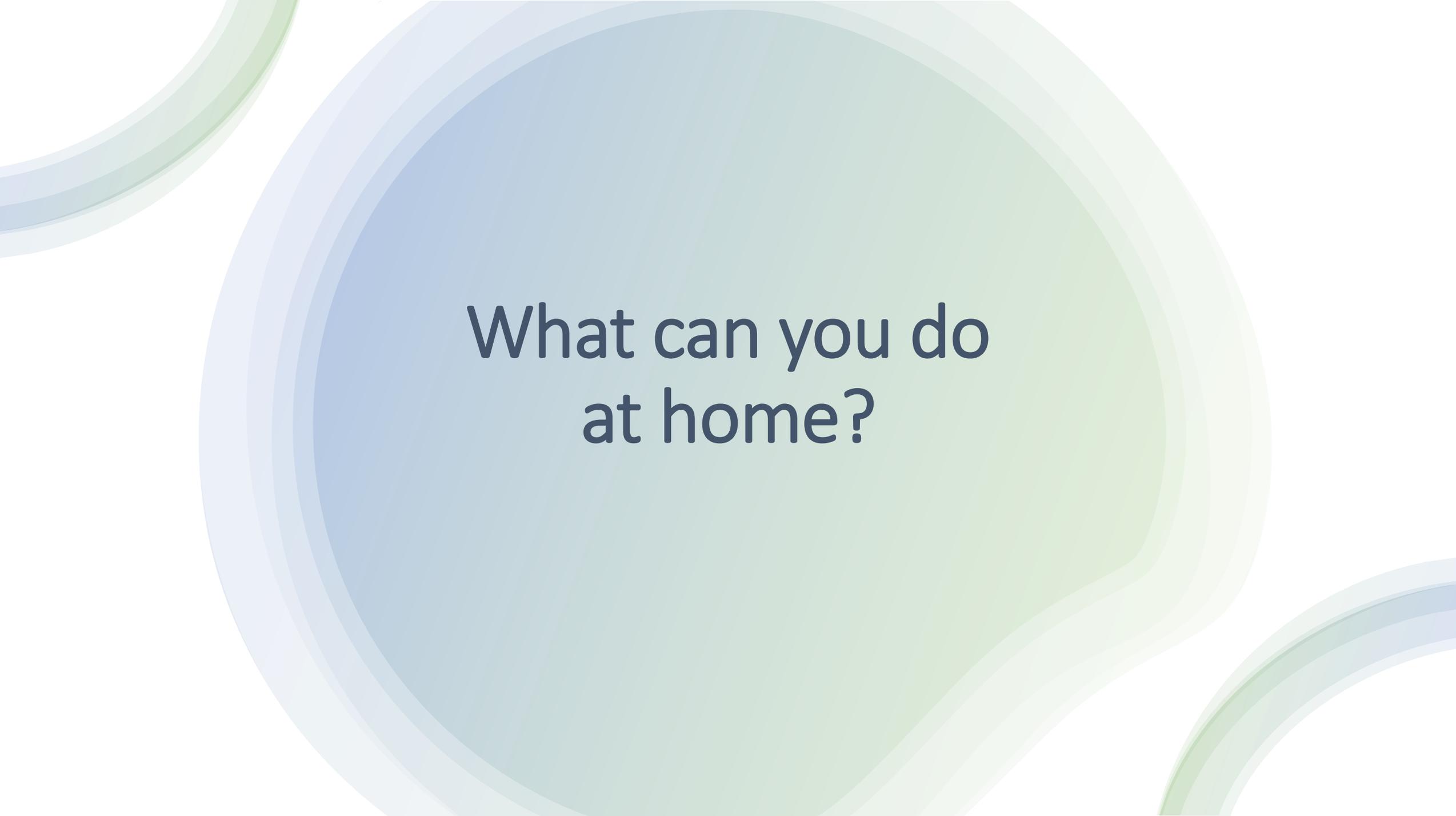
We send out a wellbeing survey everyday and have questions such as:

- Ticking box- what number they are on 1 being the saddest 5 being the happiest.
- What makes them feel this way?
- What are you looking forward in doing later?

Quick wins!

- Registration
- In the class 'worry box'
- Positive affirmations





What can you do
at home?

Tune In Early

Facial expressions



Body language



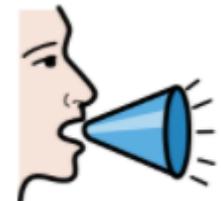
Proximity



Language



Volume



Connection before Correction



Change
goal



Be present



Listen
empathetically

Recognise and Validate Feelings



W

'I **wonder** if you feel frustrated by this'

I

'I **imagine** that would make anyone feel upset ...'

N

'I **noticed** you looked happy about that....'

Labelling Emotions

Help the child to verbally label emotions



Are you feeling...?

What else are you feeling?

How does that make you feel?



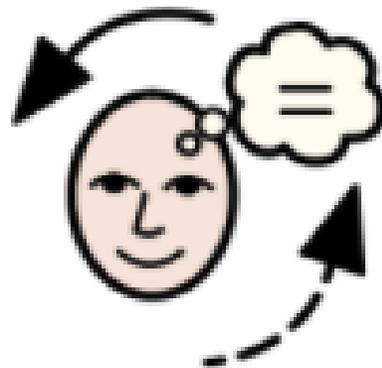
Problem Solving

Set limits while helping the child to problem-solve

What is
going to help
you to...?

Would you
prefer to try
this or this?

What's the
first thing we
can do?



Conclusion

Emotional Literacy

What do we do at school?

What can you do at home?