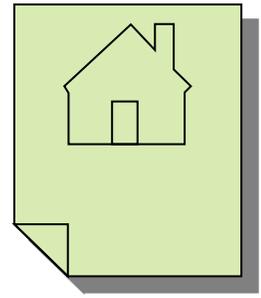


# Social and Emotional Learning



## Top tips for staying home

**SELF AWARENESS** is being able to identify and recognise your emotions; your own strengths and how well you feel you can carry out and complete tasks (self-efficacy)

**ALL** emotions are OK! They make our bodies feel either **COMFORTABLE** or **UNCOMFORTABLE** and are trying to tell us something about the situation we are in. Our feelings impact our behaviour.

Below are some ideas to help support your child with their feelings this week.

Label and share your emotions



Talk to friends and family



Focus on your child's strengths  
'You are a great dancer'

**PRAISE YOUR CHILDS EFFORTS**

A FEELINGS WHEEL IS A FUN AND EASY WAY TO WRITE AND DRAW YOUR FEELINGS



Say kind words to yourself and others

Give each other **COMPLIMENTS** based on;

- The way you look
- The things you have
- The way you are (personality)
- The things you do (skills)

'I really like the way you took turns with your sister'

'You tried really hard at your maths work-well done'

