

**Promoting Children's Emotional
Literacy and Emotional Regulation
Workshop Resource Pack**

March 2021



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Action Plan

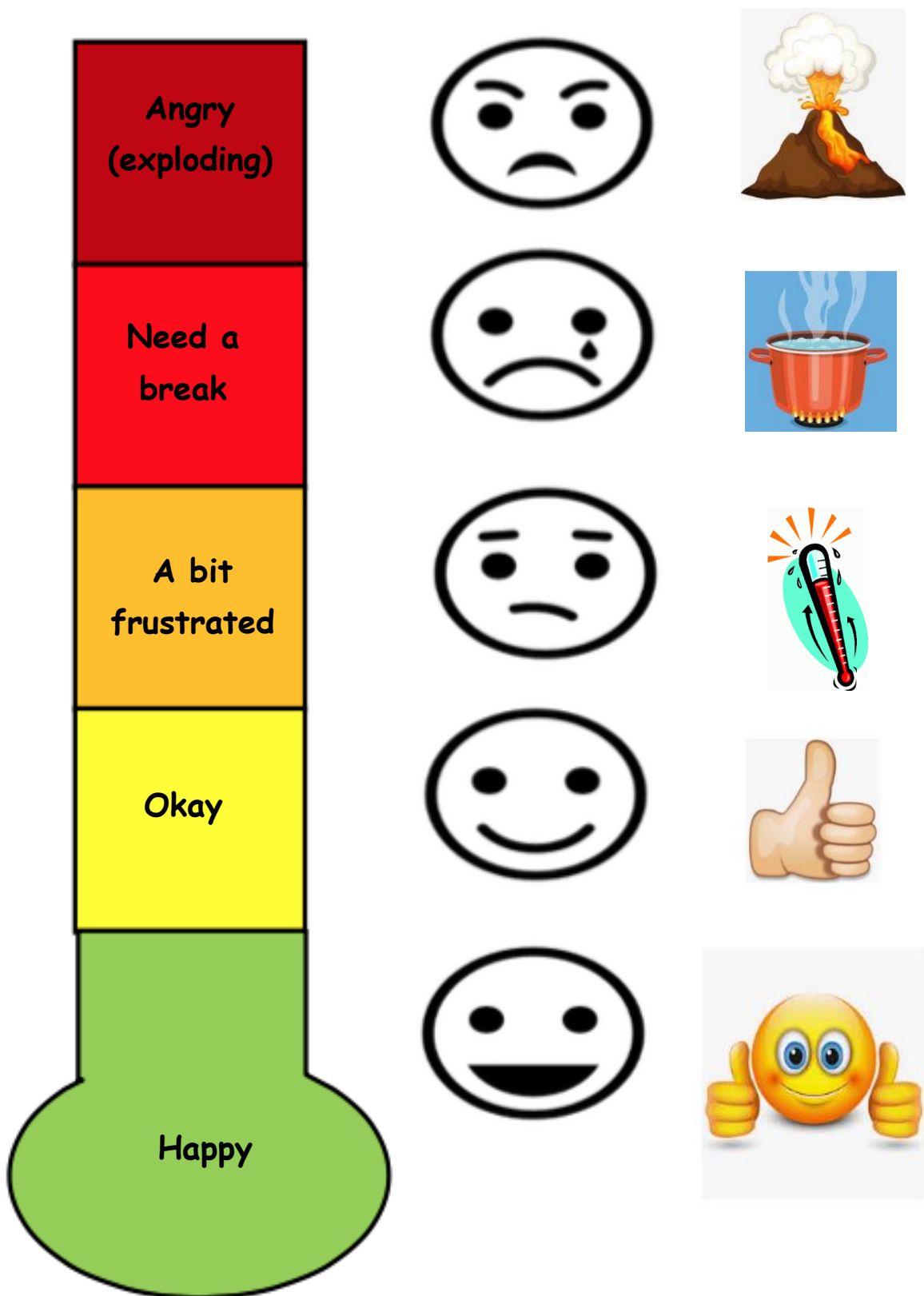
Week beginning 01/03/2021:

What	When	Review <i>What was the impact?</i> <i>Was it successful?</i>

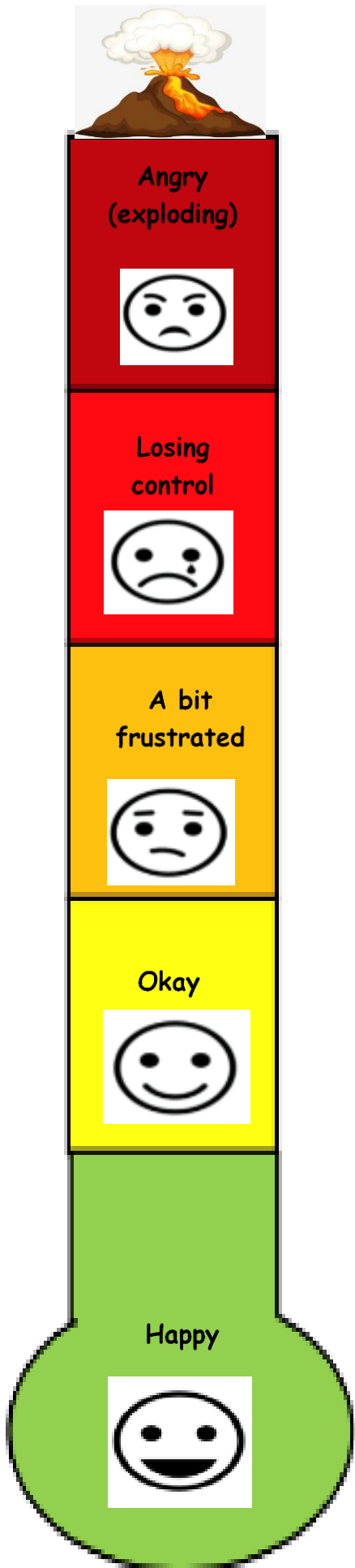
Week beginning 16/03/2021:

What	When	Review <i>What was the impact?</i> <i>Was it successful?</i>

Feelings Thermometer



My Feelings Thermometer



Angry
(exploding)



Losing
control



A bit
frustrated



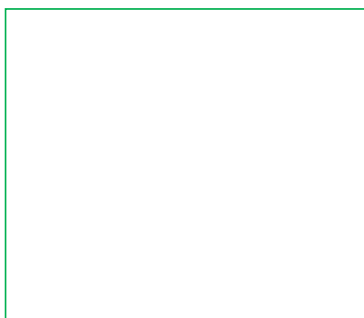
Okay



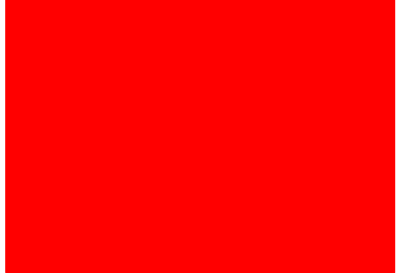
Happy



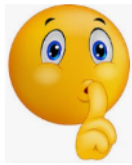
How I look



How to Calm Down/Feel Happy



Cards with Relaxation Strategies (to stick on thermometer)



Find a quiet space



Birthday Candle Breathing



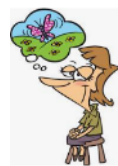
Balloon Belly Breathing



Pin wheel breathing



Think of a relaxing or happy place



Think of happy



Take 5 breathing



Count to 10



Squeezing and relaxing muscles



Go for a walk



Tell an adult



Leave the situation



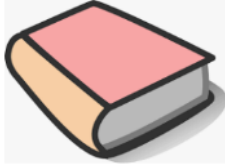
Back tickles or massage



Puffa Fish Breathing



Blowing bubbles



Read a book

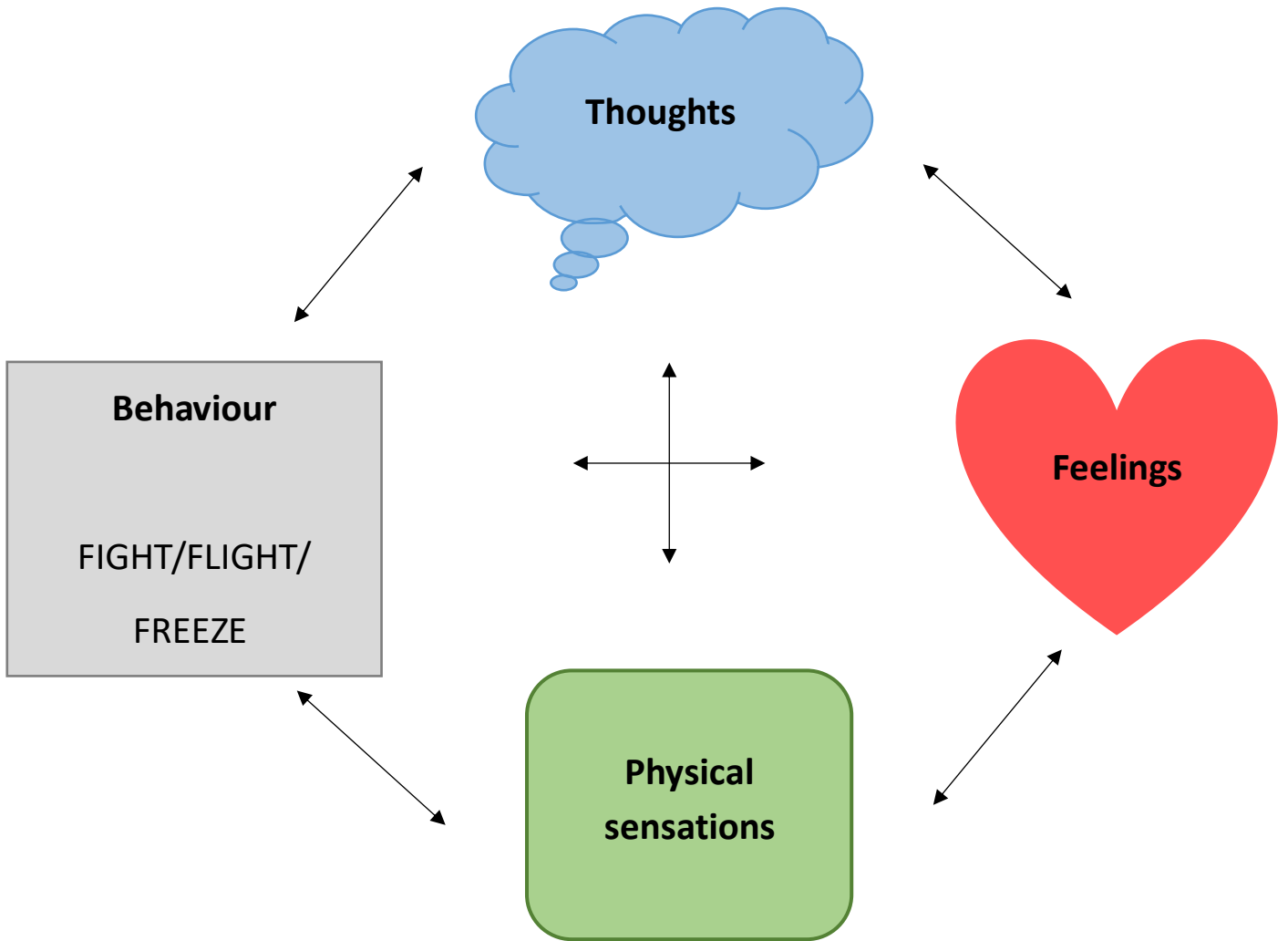


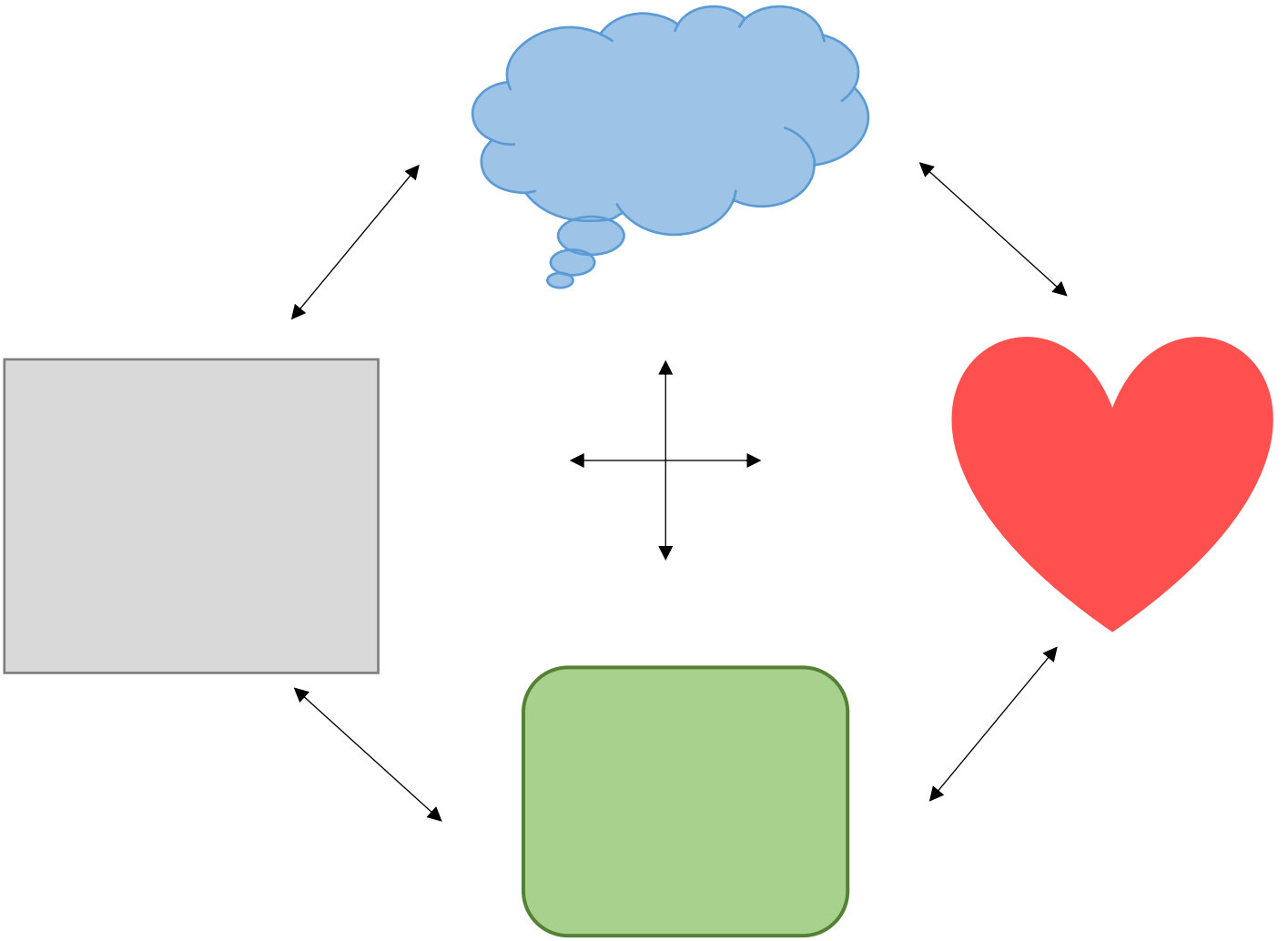
Draw or paint



Warm bath

Thoughts-Feelings-Physical Sensations-Behaviour Cycle





Self-Portrait - Happy

This is a picture of me when I am feeling HAPPY



A large, empty rounded rectangular box with a green border, intended for drawing a self-portrait of a happy person.

My face and body clues are:

-

I feel happy when:

-

What I do when I feel happy:

-

Self-Portrait - Worried

This is a picture of me when I am feeling WORRIED



A large, empty rounded rectangular box with a blue border, intended for drawing a self-portrait of the child when they are feeling worried.

My face and body clues are:

-

I feel worried when:

-

What I do when I feel worried (actions):

-

Self-Portrait - Angry

This is a picture of me when I am feeling ANGRY and I am about to explode



A large, empty rounded rectangular box with a red border, intended for a self-portrait or drawing.

My face and body clues are:

-

I feel angry when:

-

What I do when I feel angry (actions):

-

Relaxation Strategies



Breathing exercises

1. 4/8 Breathing

- This involves you child breathing in for a shorter time than they breathe out for i.e. breathe in for 4 seconds and then breathe out for 8 seconds. The numbers can be changed, as long as the second number is bigger!

2. Take 5 Breathing

- Ask your child to hold up one hand and to draw around their fingers with their other hand, breathing as they go up a finger and breathing out as they go down a finger.



3. Puffa Fish Breathing

<https://www.youtube.com/watch?v=gLbKOo9Bk7Q>

4. Square Breathing

<https://www.youtube.com/watch?v=YFdZXwE6fRE&t=79s>

5. Triangle Breathing

Step 1: Model and then ask your child to copy drawing a triangle in the air.

Step 2: Model and then ask your child to copy drawing a triangle in the air, breathing in as you go up with the your finger, holding your breath as you go down the side of the triangle, and breathing out as you go across, joining up the triangle.

Step 3: Repeat as many times as necessary.



6. Balloon (belly) Breathing



1. Sit comfortably and relax your body. Now think of your favourite colour and imagine a big balloon in that colour.
2. Breathe in to deeply through your mouth and nose to fill your belly with air, as if you're blowing up the giant balloon. Pop out your belly as much as you can, put your hand on your belly to feel it. Hold for 3 seconds.
3. Now pop the balloon with your finger and slowly breathe out. Listen to the air coming out of the balloon (MAKE A HISSING NOISE). Notice your body relaxing and feeling calm
4. Now take another deep breathe in as if you are blowing the balloon back up. Remember to pop out your belly as much as you can, put your hand on your belly to feel it.
5. Now breathe out really slowly, as if you're are letting the air out of the balloon (MAKE A HISSING NOISE) and notice your body relaxing and feeling calm
6. Repeat for several minutes.

7. Birthday Candles



1. Hold up ten fingers.
2. Now I want you to imagine that each of your fingers is a birthday candle.
3. Take a deep breathe in through your nose, hold, and then slowly blow the first candle out, putting your finger down once you have blown it out.
4. Now take a depth breath, hold, and then slowly blow out the second candle.
5. Repeat until the child has blown all of the candles out.

8. Bubble Breathing



1. First stand or sit comfortably.
2. Place your bubble stick into the liquid and then pull out the stick.
3. Pause and then take a deep breathe in.
4. Now blow out the bubbles nice and slowly to ensure that we get lots of bubbles
5. Now watch the bubbles up to the ceiling or sky
6. Place your bubble stick back into the liquid and then pull out the stick.
7. Pause and then take a deep breathe in.
8. Now blow out the bubbles nice and slowly to ensure that we get lots of bubbles
9. Now watch the bubbles up to the ceiling or sky

Repeat as many times as desired or necessary (for the child to return to a calm state)

9. Pin Wheel Breathing



1. First stand or sit comfortably.
2. Hold up your pin wheel
3. Pause and then take a deep breathe in, filling up your belly.
4. Now blow out nice and slowly, making the pin wheel spin around.
5. Pause and wait for the pin wheel to stop spinning
6. Now breathe in slowly, filling up your belly.
7. Now blow out nice and slowly, making the pin wheel spin around.

Repeat as many times as desired or necessary (for the child to return to a calm state)

Visualisation and Guided Imagery

- Explain to your child that this a way of making pictures in our minds.
- Ask you child to imagine themselves in place that they find relaxing, such as a beach or woodland, OR play a video or audio clip that will tell the child what to imagine. Links to some of these videos are below:

Fairy Tea Party:

<https://www.youtube.com/watch?v=b57QvR1Ysyw&t=234s>

Magic Wand:

https://www.youtube.com/watch?v=VZ_wdeog5Ek

Secret Tree House:

<https://www.youtube.com/watch?v=DWOHcGF1Tmc>

Ocean:

https://www.youtube.com/watch?v=V1-0JJJw_IQ

Progressive Muscle Relaxation

- Explain to your child that this is a way of relaxing all of their muscles in their body. It addresses one part of your body at a time, helping them to tense and then untense their muscles.

Melting Like a Snowman:



Introduce the activity:

- Invite the child to share or imagine an experience of playing in the snow and making a snowman.
- Say: "Show me how your body would be if it were frozen like a snowman." The child will naturally make their body tense and tight.
- Ask "what happens when snow and ice gets warm"
- Say: "We are going to slowly melt like a snowman. Make sure you have space around you to end up on the ground."

Script:

"Imagine you are a glistening snowman on a cold day. You begin to freeze.....all of your muscles become tight.....squeeze your fists together.....scrunch up your face....

The sun shines on your head, and you feel it getting warm...

The sun gets hotter, and your head starts to melt and slip... There goes your head, sliding down to your shoulders!

The sun makes your shoulders feel warm... Your arms begin to melt...

Now your back and stomach get warm and crumple...Your legs and feet begin to melt... The sun is so hot.

You melt into a clump of watery snow on the ground... The sun keeps shining on you, and you change into a pool of water... It is all warm and comfortable, and you feel relaxed and happy...(allow some time to relax)

Video and Audio Versions:

Melting, melting, melting:

<https://www.youtube.com/watch?v=mcZm2oJ7DKE>

Relax Like a Cat:



- <https://www.moodcafe.co.uk/for-children-and-young-people/relaxation-for-children.aspx>

Mindfulness

- Explain to your child that this involves letting their thoughts float around and then disappear.

Rainbow Relaxation:

<https://www.youtube.com/watch?v=IIbBI-BT9c4>

Thought Bubbles:

<https://www.youtube.com/watch?v=xUUq0HuSLS0&t=168s>

Being a Tree:

<https://www.youtube.com/watch?v=iplZGpP2VOO>

Phone Apps:

DARE - this app guides you out of stressful moments through calming advice and breathing techniques. The user can select an audio based on how they are feeling, e.g. an audio related to having a panic attack.

CALM - this is a great app for meditation beginners but also provides more advanced sessions for experienced users. Use at bedtime can be very helpful.

BREATHING BUBBLES - a mindfulness app designed to support children and YP in recognising and dealing with emotions. Lots of different types of breathing exercises available.

CHILL PANDA - an app related to relaxation and management of worries. It measures your heart rate and suggests tasks to suit your state of mind.

CATCH IT - learning how to manage thoughts and feelings related to anxiety and low mood. Includes problem solving and challenging unhelpful thinking.

HEADSPACE - relates to meditation, lower stress levels and greater resilience.