

**E4S KS1 Emotional regulation and coping – Recognising and managing feelings**

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| **Cornerstone:** | EHWB |
| **Concept:** | Emotional regulation and coping |
| **Theme:** | Recognising and managing feelings |
| **Key Questions:** | Teachers have used the questions and statements from the E4S curriculum to plan lessons on being safe, which are delivered throughout the year according to the school’s scheme of work. This is what your child will be learning about in the upcoming scheme of work:* + What are feelings and how do we recognise them?
	+ What are all the different ways I can ‘feel’?
	+ What do people look like when they feel happy, sad, nervous, excited etc?
	+ How does it feel in our bodies when we feel happy, sad, nervous, excited etc?
	+ How do our feelings affect us and the way we behave?
	+ How can we manage the feelings we are unsure about?
	+ What can we do about different feelings we have?
	+ What can we do to help ourselves and others feel better?
	+ How is physical hurt and emotional hurt the same and different?
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| **Questions to consider with your child:** | What made you feel happy/sad/angry/excited/proud today?What was challenging today?How did it make you feel?What strategies have you learnt to help you manage your feelings?Are there nay strategies you need help with?What do you find the most difficult to manage?How can I help you with that? |
| **Suggested Resources for parents:** | Please find additional support and guidance below in relation to recognising and managing feelings.[Talking to your child about feelings](https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/talk-to-children-about-feelings/) [The Great Big Book of Feelings](https://www.amazon.co.uk/Great-Big-Book-Feelings/dp/1847807585/ref%3Dasc_df_1847807585?tag=bingshoppinga-21&linkCode=df0&hvadid=80676723059429&hvnetw=o&hvqmt=e&hvbmt=be&hvdev=c&hvlocint=&hvlocphy=&hvtargid=pla-4584276297520299&psc=1) [Child Fun](https://www.childfun.com/themes/people/feelings/) [Happy: A Children's Book of Mindfulness](https://www.amazon.co.uk/Happy-Childrens-Mindfulness-Nicola-Edwards/dp/1848578881/ref%3Dpd_bxgy_img_2/262-0834694-5028769?pd_rd_w=zwz1i&pf_rd_p=424ee22f-2317-49a5-9cbb-bc8836ac7d96&pf_rd_r=RA2A5EXWBNM6PNQ8PGMJ&pd_rd_r=6ee43da5-2564-485c-9eeb-74ee4118412e&pd_rd_wg=yZbff&pd_rd_i=1848578881&psc=1) |