



# EMOTIONAL LITERACY

This issue of our newsletter focuses on Emotional Literacy.

Emotional literacy is the ability to recognise, understand and express emotions in a healthy way. It plays a crucial role in a child's overall development, laying the groundwork for their emotional wellbeing, social connections and academic achievement.

We have created our own school emotion characters, and pupils in the younger years participated in a competition to name them. Research shows that when children have ownership over their learning experiences, such as through creative activities like this, they engage more deeply and are more likely to connect with the material. By taking part in the naming process, pupils feel a sense of involvement and pride, which can enhance their emotional connection to the characters and the lessons they represent

Mrs Jo Brown

“It is easier to  
build strong children  
than to repair  
broken adults.”

Frederick Douglas

## STEP 1

### Supporting your child to recognise how their body feels in each emotional state.

In order to regulate an emotion, a child must first be aware of what they are feeling. Here are some ideas of how to explain to your daughter how her body may feel in each state.



### Mellow

In the green 'Mellow' state you feel relaxed. Your muscles aren't tight, and your breathing is slow and easy, like a gentle breeze. You might feel your heart beating quietly, not too fast, just a soft thump-thump. It's like your body is resting, but you're still awake, and everything feels peaceful inside.



### Fiery

In a red 'Fiery' state, your body might feel like it's tight and strong, like a balloon getting ready to pop. Your muscles might feel stiff, and your heart might start to beat faster, like it's racing. You might feel like you want to shout or stomp your feet, and your face might get really hot or red. It's like your body has a lot of energy, but it's not the kind that feels good, it's kind of like a storm inside you.



### Bubbly

In the yellow 'Bubbly' state, your body feels light and full of energy, like you're bouncing up and down. You might feel like you have a big smile on your face, and your heart beats faster, like it's jumping with joy. It's like there are butterflies in your tummy, fluttering around, and everything around you seems brighter and more fun. You just feel like laughing, jumping, or running around because you're so full of good feelings!



### Oh No

In your orange 'Oh No' state, your body might feel like it's holding onto something tight, like when you're gripping your favourite toy. Your heart might beat faster, like it's trying to hurry, and your tummy could feel all twisty or like there's a knot inside. You might feel like you want to hide or that your hands or legs feel a little shaky. It's like there's a little storm in your mind, making everything feel unsure and a little scary, but remember, it's okay to feel that way sometimes.



### Wobbly

In your blue 'Wobbly' state, your body might feel heavy, like you're carrying a big, tired backpack. Your shoulders could slump down, and your face might feel droopy, like you're not smiling. Your heart might feel a little slow or like it's aching, and sometimes you might want to cry or be alone. It's like there's a cloud inside you, and everything feels a little harder. But it's okay to feel sad sometimes, and you can always talk about it when you're ready.

## STEP 2

Once they have recognised how they are feeling, your child can label that emotion.



happy joyful enthusiastic  
thrilled upbeat proud  
hopeful ecstatic playful  
inspired cheerful

It is completely normal for children to experience time in the red, orange and blue zones.



angry restless peevish  
livid furious irritated  
fuming enraged



worried anxious troubled  
uneasy nervous tense  
jittery stressed  
concerned frightened

We make sure that our pupils understand that all emotions are valid and there is no shame in feeling any emotion.

We work with pupils to develop strategies to help regulate their feelings in a positive and constructive way.



bored disheartened  
lonely sullen miserable  
glum disappointed sad  
depressed hopeless



at ease relaxed content  
calm satisfied secure  
restful chilled mellow  
peaceful



Our aim is to help our pupils spend as much time as possible in the green zone. In this zone, they feel calm, secure and happy, which supports a positive mindset for learning and interacting well with others.

### STEP 3

Reflect on and understand why they may be feeling this way. It is important that a child can understand what has triggered this emotion.



STEP 4

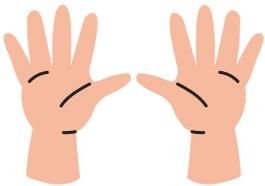
Regulate emotions

Develop strategies to support a child to return to the green state. These strategies will be different because each child is unique



Deep Breathing

Take in a deep breath for four seconds, hold for seven seconds, breathe out for 8 seconds and repeat. This technique helps to calm the body's fight or flight response.



Counting to 10

Slowly count to 10 before reacting. This brief pause can help create a calm space and make more thoughtful decisions.



Name the Emotion



Using the emotions characters or a mood meter, support them to name their emotions. Reflect on how their body feels. Or name the emotion for them, "It looks like you are feeling angry/sad/ worried. Can you tell me more about it?"

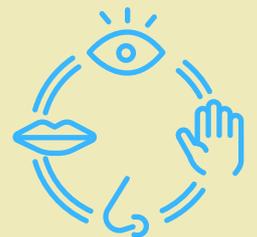


Physical Activity

Encourage physical activity such as running, jumping, dancing or even playing with a stress ball or fidget toy to help release pent-up energy and emotions.

Mindfulness exercises

Examples of this are focusing on the senses, what can you see/hear/smell or touch? Focus on the present moment. 5-4-3-2-1 exercises, identify 5 things you can see, 4 things you can hear, 3 things you can touch, etc.



Positive Self Talk

Encourage focusing on the positives.

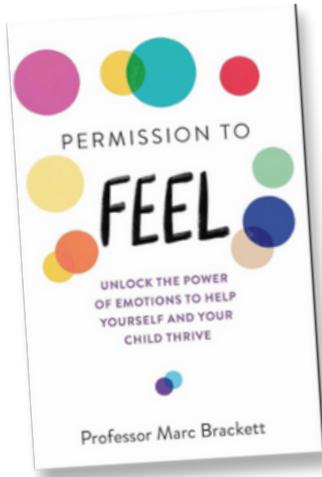


Problem Solving

Focus on finding a solution to the problem that is causing the emotion. Ask questions such as "what can we do to fix this?" or "what would make the situation better?"

## Further Reading

If you are interested in this topic we have included some book recommendations below



### **Permission to Feel by Professor Marc Brackett**

This book inspires a new mindset around the power of emotions, to transform our lives. Using science, passion, and lively storytelling, Dr. Brackett guides us to understand our own and others' emotions, as well as providing innovative strategies for developing emotional intelligence in adults and children so that emotions help, rather than hinder, our success and well-being.

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Childline have a page called 'Calm Zone' with activities and tools dedicated to supporting children to feel calmer [click here](#)

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[MindEd](#) is a website created by NHS England full of resources about the mental health of children and young people.

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