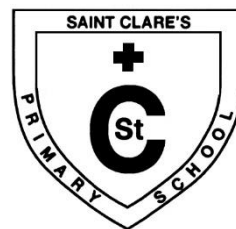




Miss Diamond/ Ms McFarlane Forest Den Upper Nurture Newsletter



What we are learning about:

Emotion Works



Emotion Works is a programme designed to teach children emotional literacy. We introduce emotion words and help children identify triggers that prompt emotions as well as the intensity of these emotions alongside the body sensations we feel. This is so children can recognise signs of distress in their body and act accordingly to help them regulate. So far, we have been using it to learn:

Understanding 'Big' emotions: Each pupil has looked at their own individual triggers and reactions to big emotions. They then looked at which regulation strategies worked best for which trigger and made a personal goal to use them.

Restorative Practice: The group have been exploring and discussing incidents. We will continue to identify where the key trigger was and how we can restore relationships in a fair way.

Preparing for new situations: We have been exploring ways to manage our emotions and regulate ourselves and come up with a plan to deal with new experiences.

Circle Time



Each session we gather in a circle to have discussions and a group activity. We learn how to express ourselves and practice skills such as taking turns to speak and listening to everyone.

We are working on the following skills:

- Look at the speaker
- Listen – do not interrupt
- Wait until the speaker has finished
- Stay focused
- Ask questions

Please support your child to practise these skills at home. This will help develop key social skills and in turn help them in their relationships with others.

Health and Wellbeing

Each day we check in using our emotional check in which is a chance to explore how we are feeling and why. When we learn to identify our own feelings and talk about them it helps us understand our behaviour and helps us in lots of situations. When we listen to each other's check in it helps us identify how others are feeling and allows us to support our friends too.

Library Visits

We will be starting to make regular trips to the library to choose some books to read together in the Forest Den as this is a much-loved activity we do.

Communication and Check In

Instead of asking your child "How was your day?" Try this type of open-ended focused questions which they may find easier to answer: Tell me something that made you laugh... What do you know today that you didn't yesterday? What made your teacher / friend smile? What was the hardest part of your day?

