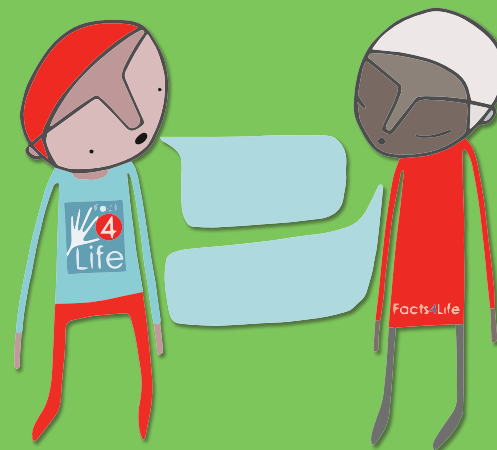


Emotional language

This links with communication - children need to develop their means of expression to convey their meaning to others. Creative expression will be a useful tool to facilitate this.

- Emoticons Cards (MH KS1, Years 1 & 2 resource)
- Little Miss and Mr Men activity (MH KS1)
- Music to explore emotions (MH KS2, Years 3 & 4 resource)
- Emotional Barometer (MH KS2, Years 5 & 6 resource)



Self-soothing

Physical closeness plays a big part in soothing and regulation in school so in its absence, we need to promote self-soothing on a very personal level. Mindfulness and focusing techniques play a central role in developing self-soothing strategies.

- Feeling Good & Feeling Good More ideas (EYFS)
- Mindful Me Activity Poster (Additional Resources)
- Bubbles visualisation (MH resource)
- Guided stories (MH resource)
- Stop and Take a Breath (MH resource)
- Classroom Listening (MH resource)
- A Listening Walk (MH resource)
- Texture Collection (MH resource)
- Brain Science - My Busy Brain and How I Can Help It (Additional Resources)

Self-care

This is as much about the body as it is about the mind. We need to explore how we support our immune systems through healthy lifestyle choices and by finding opportunities to enjoy 'feel good' moments.

- This is Fin and Bear book**
- Sleep is like magic medicine (EYFS)
- Why do we need sleep? (EYFS)
- Being Active makes my brain happy! (EYFS)
- Oh dear! I'm feeling...! (EYFS)
- When I am sad (EYFS)
- Sleep Well Boo (Additional Resources)
- Self-Care (Years 1 & 2)
- The Big Sleep (KS2)
- Healthy Me (Years 3 & 4)
- Healthy Me (Years 5 & 6)

*Facts4Life training and resources are free for all Gloucestershire schools. If you haven't yet accessed our training, get in touch to arrange a session. Online training now available.

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