



The Early Learning Goals - Activity Links

Communication and language

Understanding: They answer 'how' and 'why' questions about their experiences and in response to stories or events.

Speaking: children express themselves effectively, showing awareness of listeners' needs. They use past, present and future forms accurately when talking about events that have happened or are to happen in the future. They develop their own narratives and explanations by connecting ideas or events.

Managing feelings and behaviour: children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable.

Making relationships: They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.

Oh dear! I'm feeling....!

Invite children to imagine what the character on the card might be feeling.

Why might the character be feeling this way? What might have happened to cause this feeling?

...I wonder if teddy is feeling wobbly about... who to play with today... something that happened at home... something that was said ... etc.

When you are feeling wobbly, like when you are worried or scared about something, where in your body do you feel it?

Help the children to think about the bodily sensations experienced when we are feeling anxious, e.g. Tummy ache, headache, heart pounding, rapid breathing, shaking.

Explain. Everyone feels wobbly sometimes, its normal to feel all sorts of different emotions. We have ups and downs and that's OK.

Note – we cannot help the emotions that we feel; they are an automatic response to triggers. We can help children to manage the behaviour that may accompany these emotions.

What helps us to feel better when we are feeling wobbly?

What helps us to feel better? Share ideas.

Try out some of the activities from the 'Mindful Me' poster; any of these activities can help children to regulate themselves when they are experiencing tricky emotions.

Who can help us when we are having a wobble?

Help the children to identify trusted adults who they can talk to when they are feeling wobbly.