

Session 8: How do we support children's emotional well-being?

Activity: My emotions statements Part 1 & 2

Family activity at home:

1. Explain the purpose of the home activity to your children including why it is important to:
 - understand what we mean by our emotions and that we can have mixed emotions
 - be able to express our emotions in different situations
 - be able to identify ways to manage emotions and who to talk to
2. Agree to watch a sporting event, a film, a soap opera, Britain's Got Talent or the X Factor results, then ask your children to identify and discuss some of the emotions portrayed by the actors or finalists. Discuss with them and establish that we can experience several emotions during any situation. These can be positive, negative or both – this can be challenging for people, even adults.
3. Encourage your children to choose one or both of activities provided **My emotions** statements Part 1 and 2 and complete.
4. Support your children to discuss how they felt during one of the negative experiences. What could they do to feel better and if they had to experience it again how could they improve the experience?
5. Explain that not everyone reacts in the same way to the same situation and that some situations are not what they at first appear to be.
6. Encourage them to identify people in school who listen to them, who will help them to cope with their emotions and recognise why these people are easy to talk to and trust.

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Activity: My emotions statements Part 1

Consider the statements below and complete in relation to the emotions you think your child/ren might experience

Positive	Column 1 Statements - What feelings would you experience?	Negative	Column 2 Statements - What feelings would you experience?
You are having a birthday party.		Your best friend did not turn up.	
You are told by your teacher that you have won a competition.		You get teased by your classmates about winning the competition.	
You hear that your friend is having a sleepover or football day for friends on his/her birthday.		Everyone else gets an invitation except you.	
You are selected for the school show.		You don't want to participate but are too frightened to say anything.	
You have a new mobile phone.		You have no credit on it.	

Fold here

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Activity: My emotions statements Part 2

Feelings and emotions word bank.

Note: You can use more than one word to describe your feelings.

frightened	sad	upset	happy	elated
worried	angry	silly	amazing	excited
thankful	confused	annoyed	surprised	respected
proud	delighted	embarrassed	forgotten	

No	Situation	Insert Word/s
1	If I have been left out by my friends, I would feel	
2	If I receive a surprise gift or award, I would feel	
3	Being at a live concert of my favourite band I would feel	
4	Getting a nasty text from a friend I would feel	
5	If I was in pain and had to have an operation, I would feel	
6	If I met my hero, I would feel	
7	If I could not buy something I really wanted, I would feel	
8	If I was given a compliment, I would feel	