

Managing Our Emotions

Press **Esc** to exit full screen



Parent Workshop 4

Presenter view

In School

Education Scotland and West Lothian Council say that promoting a nurturing approach helps both wellbeing and attainment.

In our school we adopt a nurturing approach across the school for all of our children.

- > In classes we have social snack
- > Classrooms have a safe space for children to go to
- > Teachers do daily check ins on children's emotions

Everyone Benefits

Six Principles of Nurture

Wellbeing Indicators



In School

Education Scotland and West Lothian Council say that promoting a nurturing approach helps both wellbeing and attainment.

In our school we adopt a nurturing approach across the school for all of our children.

- > In classes we have social snack
- > Classrooms have a safe space for children to go to
- > Teachers do daily check ins on children's emotions

Everyone Benefits

Six Principles of Nurture

Wellbeing Indicators





Simpson Primary School

Developing a Nurturing Ethos

At Simpson Primary School our staff are working to develop and embed a nurturing culture based on the **Six Principles of Nurture** throughout our school.

This will enhance teaching and learning and promote healthy outcomes for our children focusing on emotional needs and development, as well as academic learning.

1. Children's learning is understood developmentally.
2. The classroom offers a safe base.
3. The importance of nurture for the development of wellbeing.
4. Language is a vital means of communication.
5. All behaviour is communication.
6. The importance of transition in children's lives.



Press **Esc** to exit full screen

Wellbeing Indicators

In school, we use 8 words to measure how happy we feel. These are called the wellbeing indicators.

We think about if we feel:

- Healthy
- Safe
- Active
- Nurtured
- Achieving
- Included
- Respected
- Responsible



Press Esc to exit full screen

We all have them!

- Children have to be given opportunities to express their feelings and emotions.
- It is important that we allow them to experience emotions.
- It is through these experiences that we build resilience.

PARENT

STORY

GENDER

As a Parent...

As a parent we instinctively feel like we **MUST** fix everything that upsets, annoys or impacts on our child's emotions.

However, children only build the skills of **MANAGING** their emotions from working through emotive experiences themselves.

We **MUST** allow our children to move on from problems and try to sort their own fall outs before we step in to advise and guide them in this journey.



Today as soon as I picked my five year old up from kindergarten, I could tell she was in, what I like to call, one of her "moods". She was crying over everything, not being herself, and acting so uptight. My immediate reaction was to get annoyed. And say "you're almost six, why are you acting like this?!"

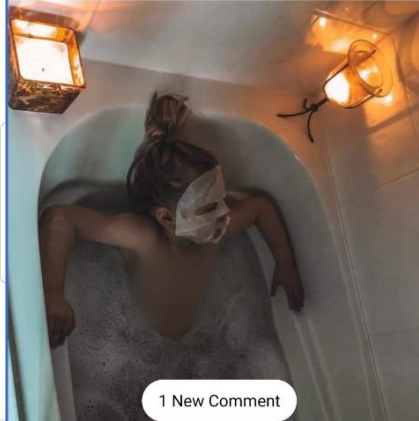
It wasn't until a few hours of her acting like this, that she looked at me with tears in her eyes, and I said "are you just having a draining day?" She hugged me and said "I'm just tired mommy." And that when I realized, I totally forgot what I always preach about to my kids. Your mental health being your top priority.

So, I drew her a lavender bubble bath, gave her a face mask, and lit some candles while she read her books and sipped on her apple juice.

After the bath, she was a new kid. The kid I usually know. She was happy, had more energy, and was handling things better.

I think we all forgot that even for kids, life gets too much sometimes. And even they need a break from it all.

Today taught me that I need to be a more understanding parent, as I too go through so much and need a nice bath to myself to escape it all. It doesn't matter the age. We all need that.



1 New Comment

Emotions and Gender are current topics in our world right now

Alike to our growth mindset workshop, language is SO POWERFUL when it come to our emotions and developing emotional intelligence in our children.

Experiment

Our behaviours, reactions and dialogue all give a certain message towards our children and the ways in which they feel.

Lets look at this study that has been completed



VIDEO URL → <https://youtu.be/3Y4lgKnmWSk>

Talk About and Celebrate Emotions

- Be aware of your children's emotions
- Talk about them in everyday conversations so that they are within the flow of 'normal' conversation
- Recognise the time when the emotion is being displayed as the time to discuss and teach our children about emotions.
NO BETTER TIME LIKE THE PRESENT
- Help our children to label our emotions.
- Help and guide our children when finding a solution to dealing with our emotions
 - MOST IMPORTANT LISTEN!!

Last Thoughts...

- Remember we need to let our children EXPERIENCE their emotions.
- We need to talk and raise awareness about our emotions.
- We need to make sure we include some time for our children to breathe, relax and recharge in our day to day schedule.
- We have a responsibility to encourage our children to be resilient and fix things in their own way. Try to encourage them to do this first before we step in and solve it for them.

Quotes

Evaluation

"When our little people are overwhelmed by BIG emotions it's our job to share our calm, not join their chaos."
L.R. Krost

The mind of a child is fragile.
Their emotions touch their future.
Your words shape their destiny.

HIGHER PERSPECTIVE