

# Nottingham Behaviour Support Team

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## Helping Our



## Emotions

#ThankOurChildren



Nottingham  
City Council

# Big Emotions

None of us were born knowing how to control big emotions and both children and adults can take a while to learn how to control them.






The activities in this booklet have been made to help people take control of the times when those big emotions happen, give you the skills to stay calm and the strategies to help you to respond to disappointments and frustrations with the delightfulness of a sleepy kitten.

Being able to self-regulate is being able to manage feelings so they do not take over our day-to-day lives. This could mean being able to calm down when big feelings start to take over, without becoming too upset or 'losing it'. However, it is also important to make sure that you do not lock those feelings away but instead think of ways to manage them.

## My 5 point check in

### How am I feeling?

### What can I do?

5		<p><b>Explode</b>—I feel angry and I am not sure how to calm down. I need an adult to help me.</p>	<p>I need to leave the classroom. I need to get to a safe place. I need some space - I will let you know when I am ready to talk.</p>
4		<p><b>Rumbling</b>—I feel like I am starting to lose control. I may need space and some support.</p>	<p>I can ask for a brain break. I can go to my safe place. I can move away from something that is upsetting me.</p>
3		<p><b>Bubbly</b>—I am feeling frustrated or something is worrying me. I may need a break to calm myself.</p>	<p>I can let me teacher know how I am feeling. I can get something from my sensory box. I can write or draw the problem.</p>
2		<p><b>Ok</b>—I know something is not right but I know what I need to do.</p>	<p>I can think about something that makes me happy. I can take deep breaths. I can go and have a drink.</p>
1		<p><b>Happy</b>—I feel good about myself and what is going on around me.</p>	<p>I can carry on having fun.</p>

## My 5 point check in

How am I feeling?

What can I do?




# My Coping Survival Strategies Guide

to remind yourself you are not alone



Best Listener and/or Hug-Giver



HUGS=Oxytocin Release, helping us to feel connected & loved

## Best Ways to Get MOVING!

to burn-off stress hormones & pump-in feel-good endorphins



BEST POSITIVE AFFIRMATION

Something Kind I Can Say to Myself When Life Gets Tough



What Makes Me Smile & Laugh



Just Breathe

mindful breathing sends a message of peace to our minds, slows down our heart rate & reduces feelings of stress

Best Ways to CHILL OUT & Bring-In the CALM

What I Can Make, Create, Play or Build



MY TOP 3 COPING TOOLS

#1



#2



#3



## Milkshake Breathing

### **Equipment - cup, paper straw, water**

Provide your child a plastic cup with a straw so that he/she can practise their milkshake breathing. Fill the cup 1/3rd full with water. Your child breathes in deeply through their nose and breathes out slowly through the straw. Encourage the children to blow **SMALL** bubbles in the cup very gently - they will know they have it right if they make gentle bubbles without spilling any water.

Have your child practise at least five times and set them little challenges (e.g. how long they can keep the bubbles going for in a single breath, see if you can keep your bubbles going while you count backwards from 4, etc). These techniques give your child visual and auditory feedback (seeing and hearing the bubbles), and makes the concept more concrete.

### **Milkshake Breathing Song - to the tune of 'Twinkle, Twinkle Little Star'**

Teach your child a song about Milkshake Breathing to help them learn what to do.

Sing together: "We can fill our lungs with air, like we've got balloons in there. Then we breathe out soft and slow, making bubbles as we go. Milkshake breathing is so fun, it's for me and everyone."



Sometimes, when those big emotions take over it is helpful to try to stop and think about something completely different - this technique is called 'grounding'. When your mind is racing, grounding brings you back to the here-and-now and is very helpful in managing overpowering feelings. It is a great way to calm down quickly.

Use these cards to help manage those big emotions.

## **See**

Name **5** things you can see.

## **Touch**

Name **4** things you can touch.

## **Hear**

Name **3** things you can hear.

## **Smell**

Name **2** things you can smell.

## **Breath**

Take **1** deep breath.

## Creating a Positivity Jar

Creating a jar that can be filled with positive words, comments or affirmations can be used to help us when we are feeling sad or when big emotions happen to help us remember how special we are.

You can use any type of jar or draw your own jar and decorate these however, you wish to make it personal to you.





# Things That Make Me Happy

What makes you happy?

By thinking about the things that make us happy, we can remind ourselves of the things we like to do and try to make sure we are doing these regularly.



## Our Worries

Sometimes we can feel overwhelmed by the big emotions that we have. By writing our worries down, we can feel as though we are emptying our brain. It also allows us to feel in control of our emotions and understand them better.

Writing our worries down also means that we have something to focus on and can help us to try and solve them.



## Gratitude

Research has shown that showing gratitude can have positive effects on our physical and mental health. This can help us feel happier, reduce our anxiety and help us with our big emotions. It is also important to remind ourselves about the things we are grateful for and this can be done on a daily or weekly basis.

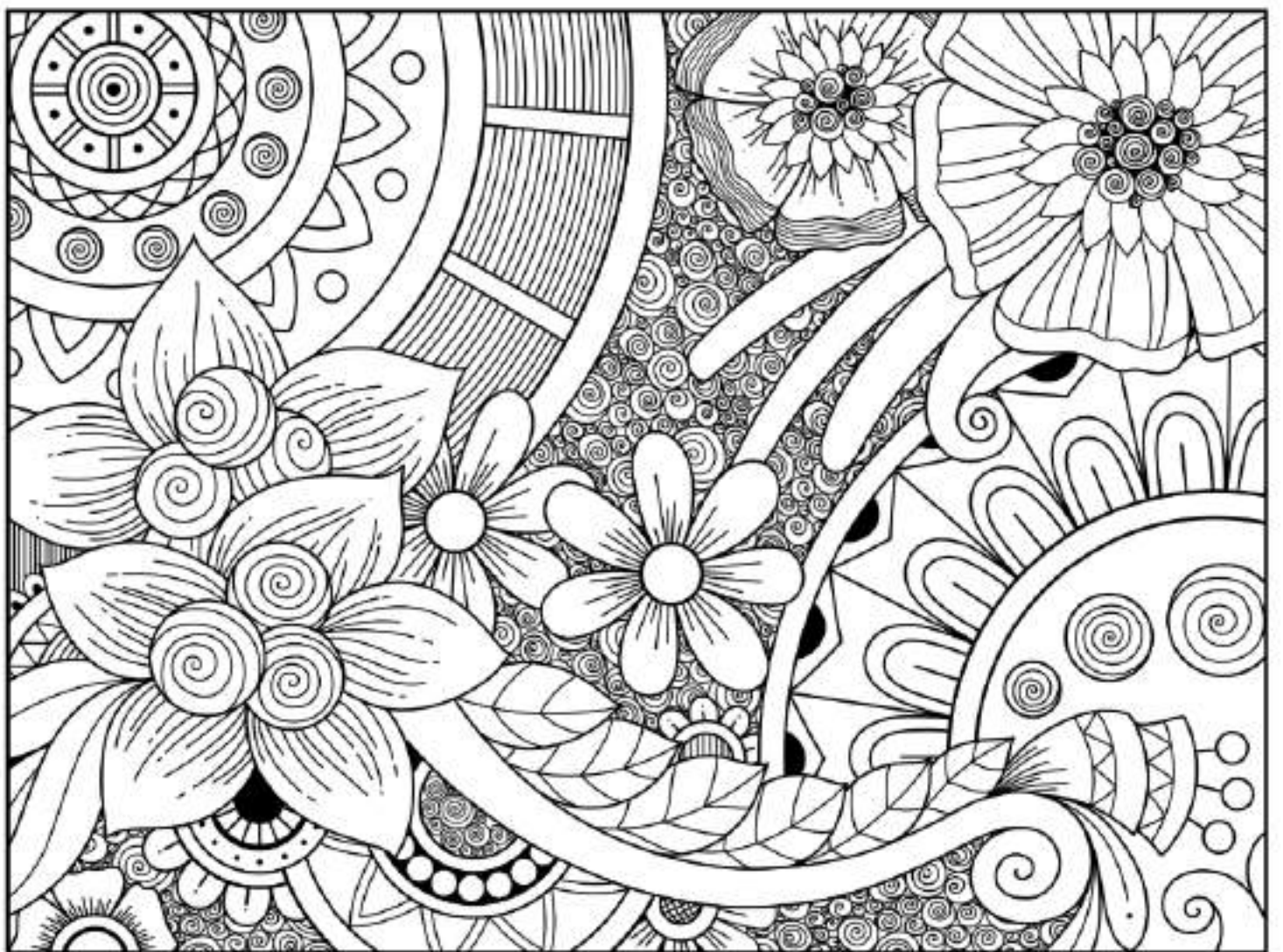
### Gratitude Exercises

- ★ Name three positive things about your day. These can be as simple as the tasty dinner you ate.
  
- ★ At the end of the day, name three things you were grateful for.
  
- ★ Write something nice about someone around you and surprise them with it.
  
- ★ Write a thank you note for someone who has helped you.
  
- ★ Complete Daily Acts of Kindness
  
- ★ Go for a walk and notice as many pleasant things around you as possible.

***I am grateful for...***

Gratitude JAR

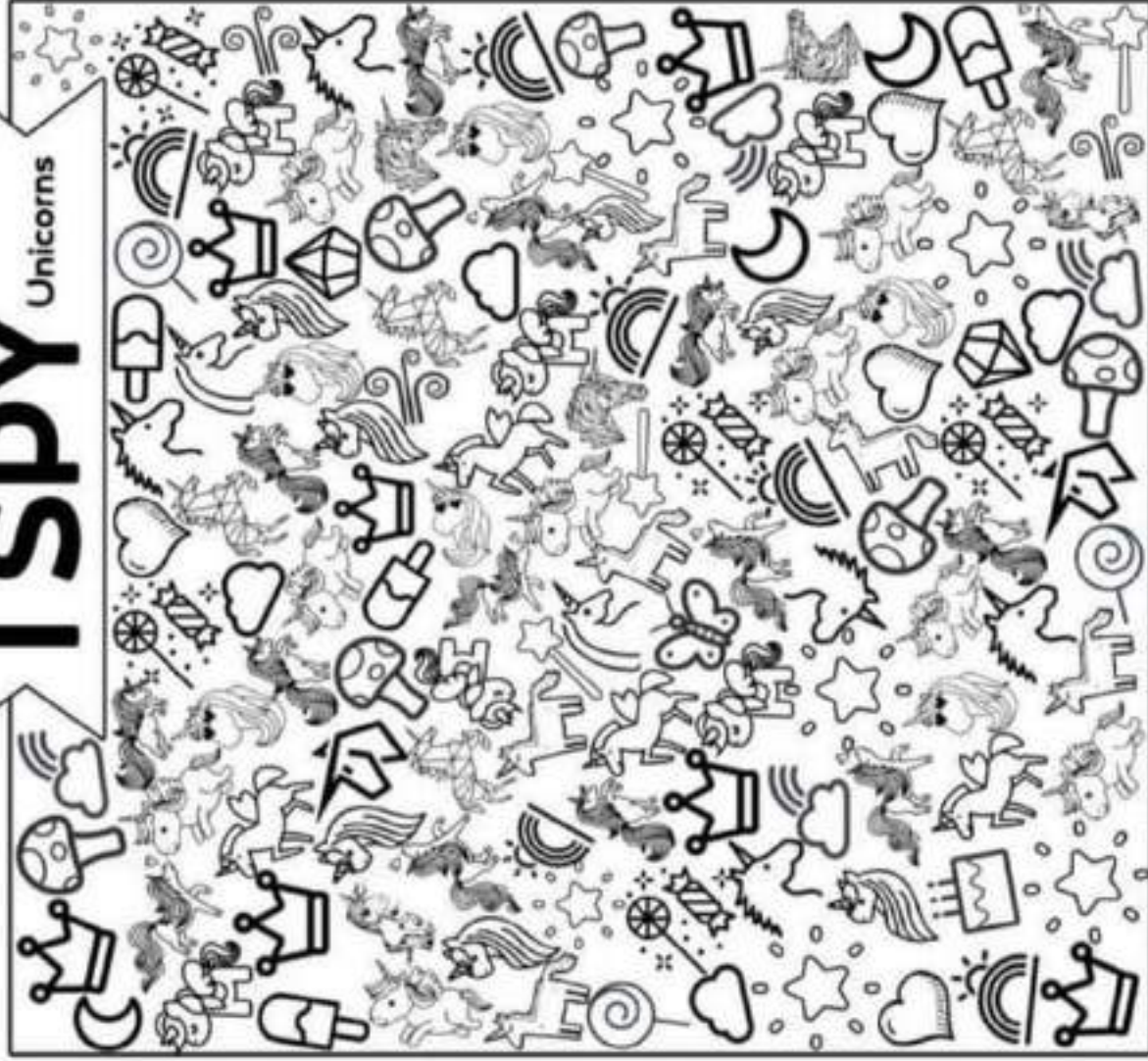






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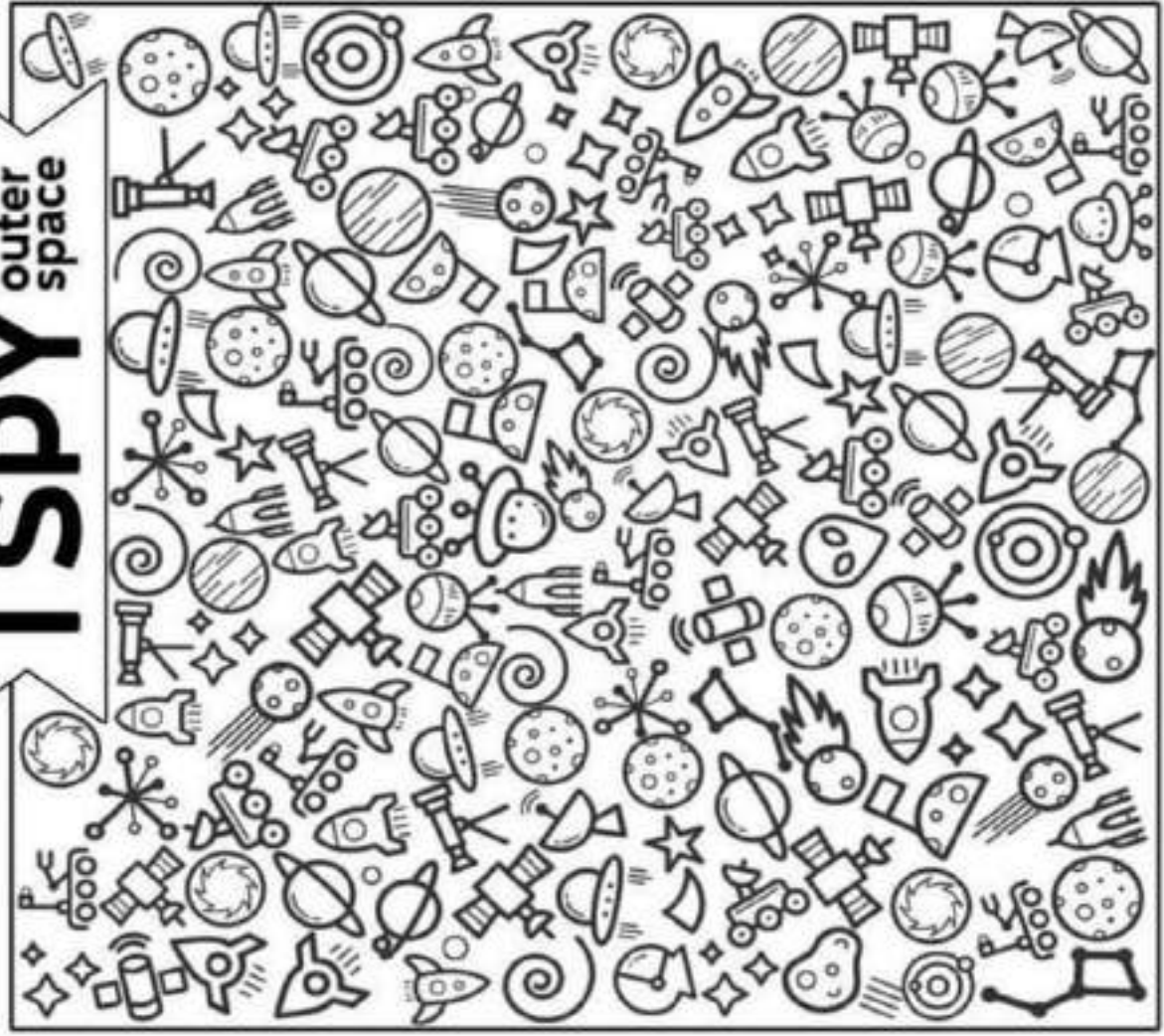
Unicorns



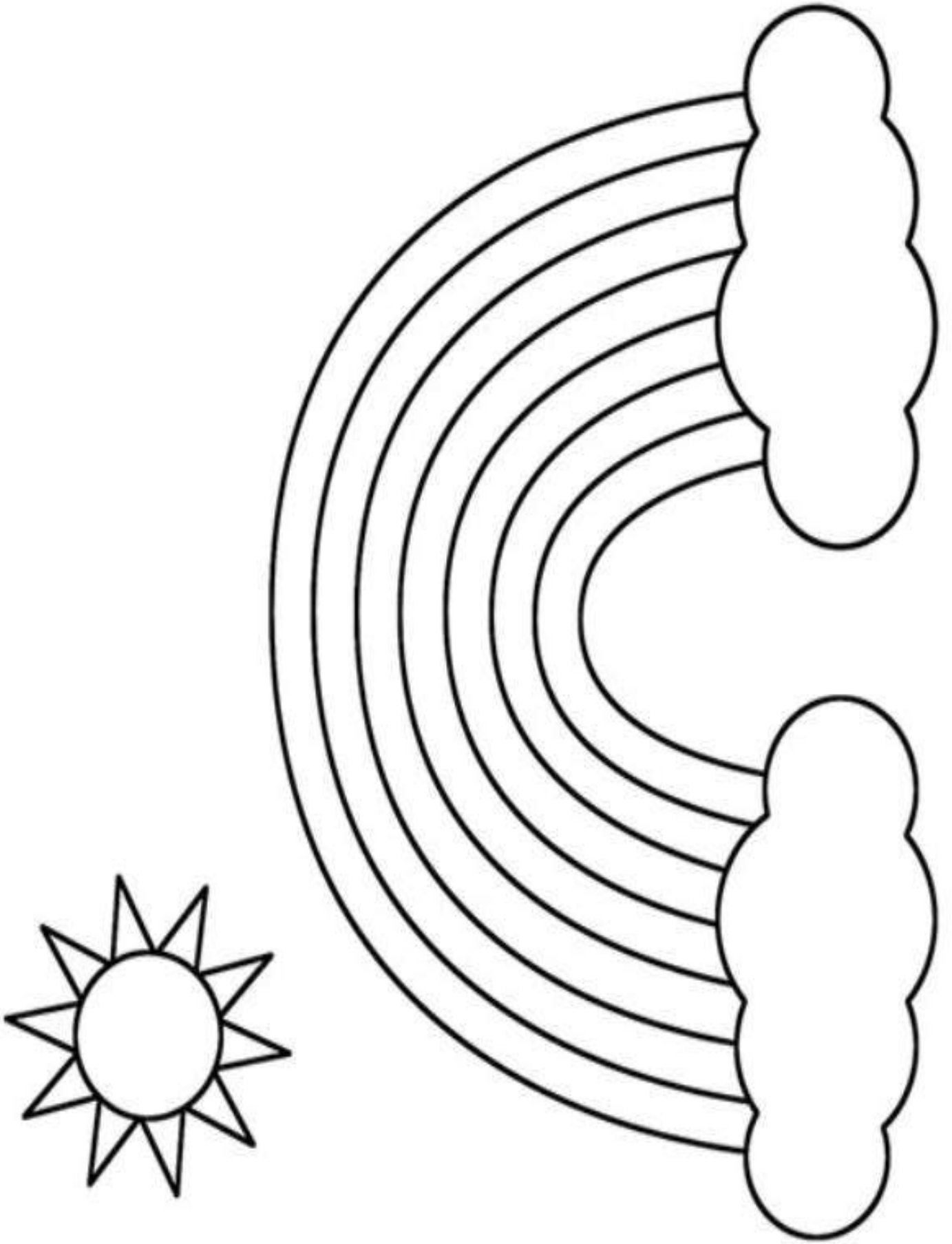
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- 1 2 7 1 3 6 7 4 7 4 7 4
- 3 6 4 6 2 7 3 9 6 3

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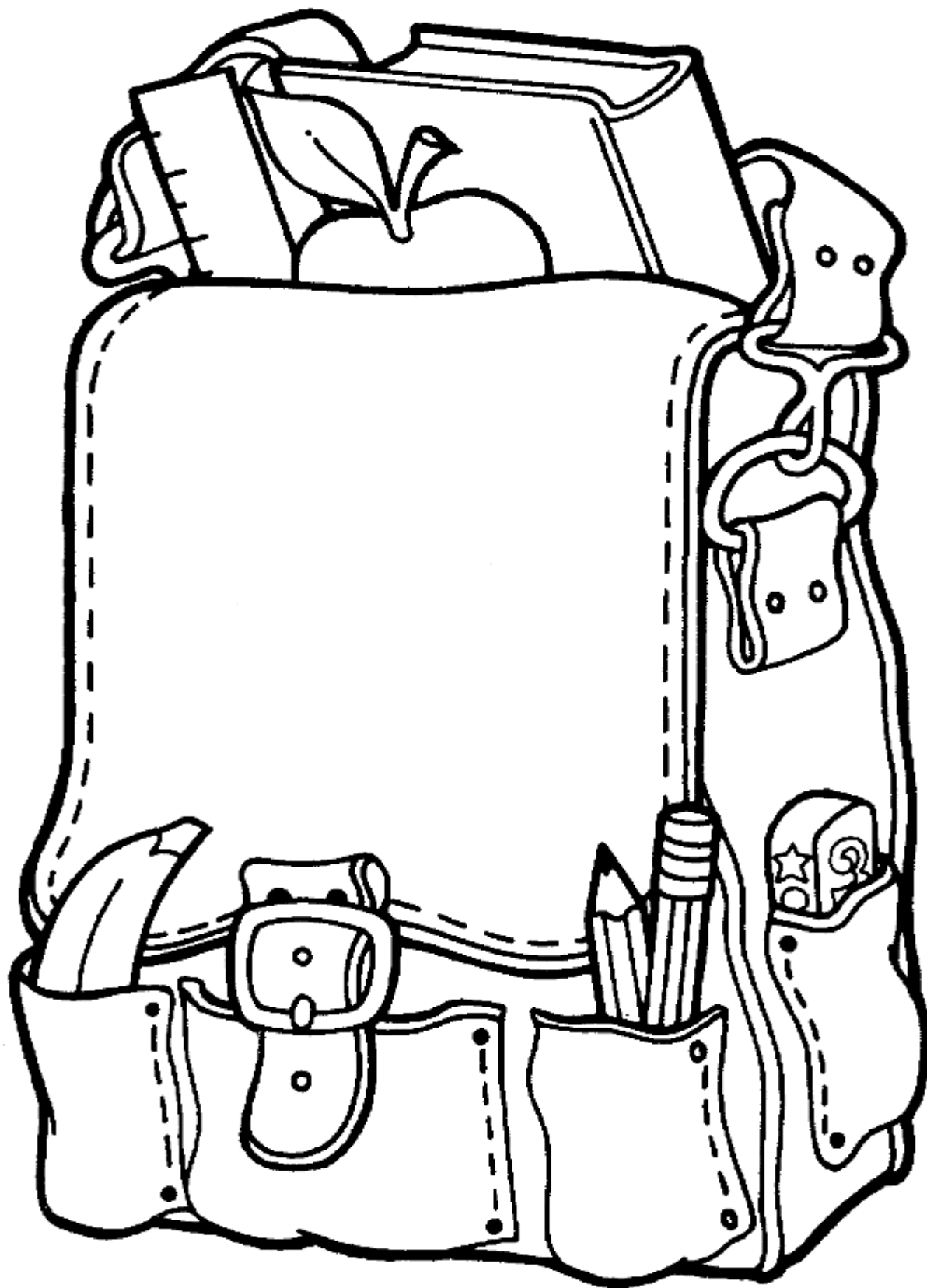
outer space



- 2 4 4 5 4 5 7 4 6 6 5
- 1 6 7 1 3 6 7 4 7 4 5
- 3 3 4 6 2 7 5 9 6 3



# ***When you go back to school...***



Write down a list of things that you are looking forward to when you go back to school.

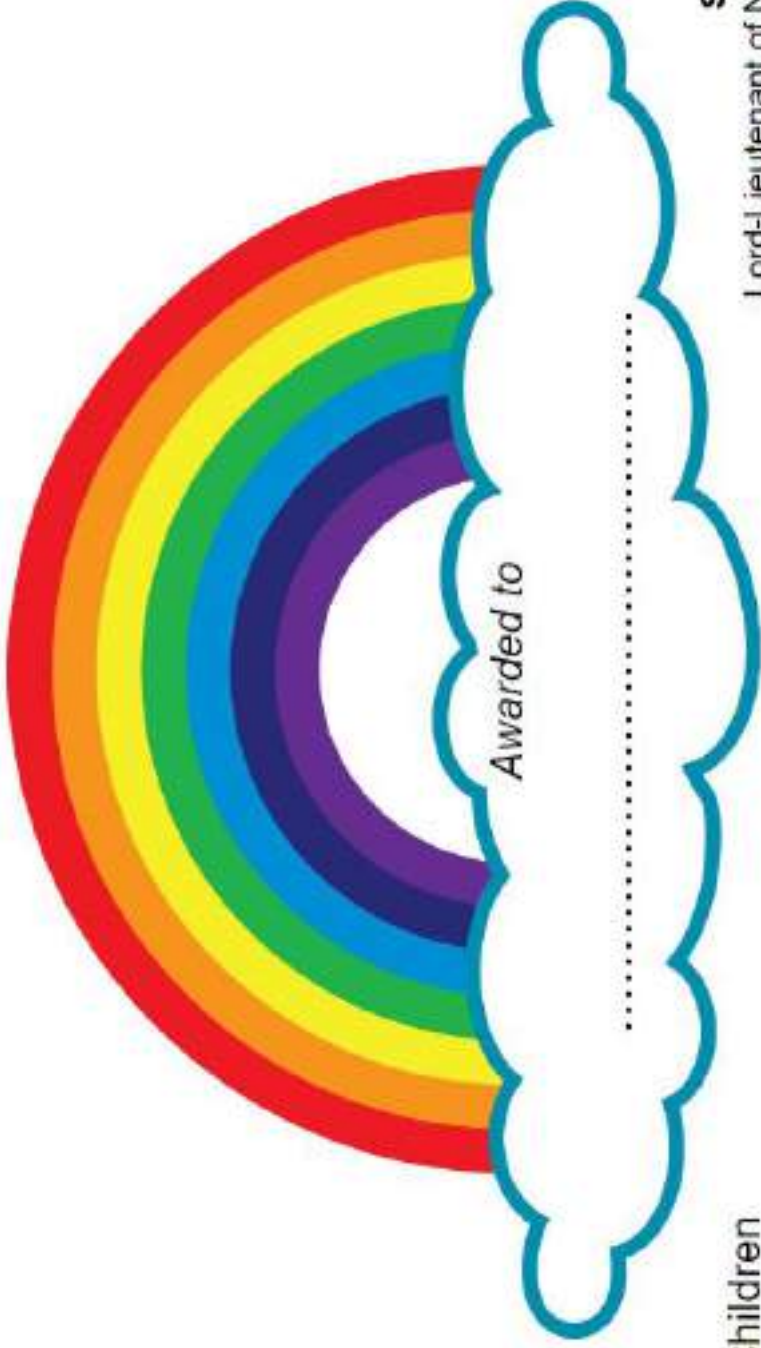




Summer 2020

# Certificate of Achievement

*For showing great determination, resilience, enthusiasm, aspiration and motivation  
in helping us succeed together during the coronavirus outbreak*



*John*

#ThankOurChildren

**Sir John Peace**  
Lord-Lieutenant of Nottinghamshire

