

BIG EMOTIONS HAND

Introducing 'Managing Big Emotions' hand gives children 5 strategies to help manage their own emotions when they need to. Adults continually refer to the different coloured fingers on the hand to remind children which strategy they can use.

ADULT

Adults use calm voices and display a calm manner to support children who struggle with loud noises. Thus encouraging other children to follow the adults lead creating a calm learning environment. Adults spot and check in with children to support use of strategies they have been shown and model this within the calm spaces.

ENVIRONMENT

Use of neutral colours within the classroom to create an atmosphere of calm. Fairy lights and lamps help make spaces feel cosy and comforting. Create cosy spaces, including blankets and pillows to allow children space to self-regulate.

BREATHING

Model breathing strategies that children are able to use to self-regulate.

Take 3 deep breaths or count to 10.

Lie down with a breathing buddy on your chest and take deep breaths watching your breathing buddy rise up and down.

Use a breathing ball to breathe in as it expands, breathe out as it contracts back.

BOOKS/STORIES

Book and stories in the continuous provision to support emotional and social development. Adults read these stories regularly with the children so that they become very familiar.

SELF-REGULATION IN EYFS

NATURE

Spending time outside in nature benefits mental wellbeing and happiness. Lie back and look up at the sky and clouds. Listen to the birds, the wind and the trees rustling. Use the senses to say what you can see and hear. Do calm focus breathing, either with breathing buddies, counting fingers or breathing balls.

WELL-BEING

Use of peer-massage and yoga as strategies to support relaxation, awareness of the body, emotions and improve calmness, self confidence and self-esteem. Use of calm, relaxing music supports children keeping regulated. Playing gentle music during transition times can reduce anxiety for children.

SENSORY

Sensory baskets available for children to access providing resources that children are curious to use and will allow them time and space to self-regulate. Baskets may include fidget toys, musical instruments, bubbles, sparkly toys. These baskets can be transferable to outdoor or wherever the child feels comfortable and safe.

ENVIRONMENT



BREATHING



NATURE



BIG EMOTIONS HAND



SELF-REGULATION IN EYFS

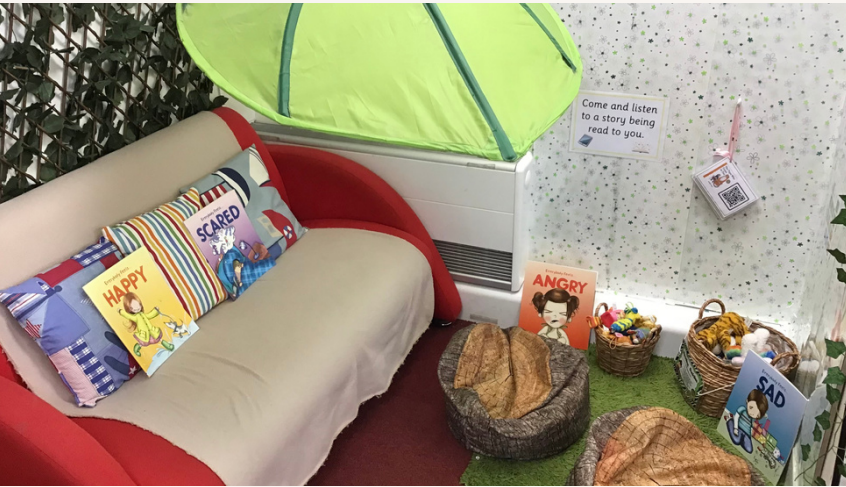
SENSORY



ADULT



BOOKS/STORIES



WELL-BEING

