



# Focus on...

## Feelings and Emotions 4-11years

### Understanding feelings and emotions

Emotions play an important role in the development of children's social and emotional skills. We want our children to feel emotionally secure when attending an out of school club. It is important to consider any triggers that could contribute towards a child struggling with their feelings and emotions. A bad night's sleep, a bad day at school, or friendship issues could all be factors.

It is important to understand how behaviour can also be an expression of feelings or emotions.

### Role of the Playworker

To enable staff to support children's emotional well-being, they first need to be able to regulate their own emotions. It is important that staff can recognise different emotions and 'pick up' on how a child might be feeling. In addition, an awareness of triggers such as transition to the club is key.

Ensure a key person system is in place for your EY children and provide opportunities to talk about emotions – how they are normal and encourage children to label their feelings.

### How you can support

- Books
- Self-regulation areas
- Yoga
- Embedded routines
- Emotions boards
- Exercise – active play
- Mindfulness
- Provide quiet spaces
- Creative/art opportunities

### Useful links

<https://www.penguin.co.uk/articles/childrens-article/childrens-books-about-feelings-and-emotions>

[Emotions - Help for early years providers - GOV.UK \(education.gov.uk\)](https://www.gov.uk/guidance/emotions-help-for-early-years-providers)

[Behaviour Matters | Emotions Matter – Helping Children to Self-Regulate](#)  
[Calm zone | Childline](#)

