

The
Exchange

Early Years Support Pack

Child Social/Emotional Regulation



Resources for
Parents & Carers

Aims of this pack

These activities are designed for parents and carers to help children learn about emotions and manage ways of dealing with feelings.

Children need help to learn about their emotions. These activities will help children develop an emotional language, build an awareness about the different types of emotions they experience and learn ways of managing difficult feelings.

The aim is to help children learn to recognise emotions and find useful and healthy ways to express themselves daily.

Resilience building can be fun, we hope you enjoy!

In this pack you will find:

- Activities to help you and your child talk about emotions
- Fun meditations and challenges to help them relax
- Games to prompt their imagination and explore the world of feelings
- Activities to help them (and you) understand their emotions and what bothers them
- Strategies to help them communicate what they need

Step 1 – Learning about emotions

Step 2 – Managing emotions

Step 3 – Communicating emotions

This pack also contains a series of 6 Guided Meditation audio clips. Each lasts around 10 minutes and we recommend doing them in the order shown for them to make sense.

Den Meditation

Dragon Mountain Meditation

Land of Body

Land of Thoughts

Land of Feelings

Home to Den



When you see the audio symbol you can access them at exchange-resource.net/early-years-resources



or Scan the QR Code
then enter the password: **EY2023**

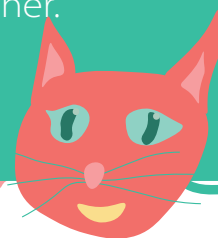


Me, Myself & I

To help children get to know their emotions it can be useful to think about emotions as characters. If you imagine that feelings are characters inside your head (like the film inside out). Bad feelings can often 'noisy' characters and sometimes it is the only one we can hear! We can help children understand their emotions and strengthen the other characters by bringing them to life. Ask your child to make characters for 4 different feelings.....

Use these characters to talk to your child every day. Ask them how they are doing, who has been the most noisy, and what would one character say to the other. For example, you said Mr A was telling you to worry about going to school but I didn't hear what Mr B was saying about

My Happy Lola Cat Face



this Character is called

feeling=

this Character is called

feeling=

this Character is called

feeling=

this Character is called

feeling=

When & Then

Children need help to recognise, learn and understand how things affect their feelings and mood. This can be things happening in the outside world (e.g. events), things happening around them at home and in school (e.g. the fire alarm goes off in school, their pet is sick at home) and things which are happening to them (e.g. they get left out of playing a game or their sibling makes fun of them).

When our child is experiencing anxiety it can be helpful to encourage them to think and say how they feel about different situations. This is helpful for them because they can learn their emotional language and it is helpful to us as parents because we can learn how different situations cause them to feel.

Try this simple game 'When and Then'. Children can say, write or choose an emoji to cut out at the bottom.

Tip – invite them to chose the 'when' and make sure you also share your 'then'

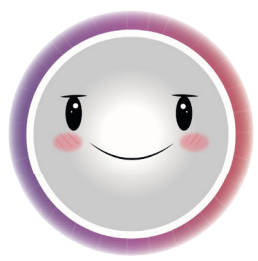
WHEN I'm playing a game	THEN I feel...	
--	---------------------------------	--

WHEN someone teases me	THEN I feel...	
---	---------------------------------	--

WHEN I have to share things	THEN I feel...	
--	---------------------------------	--

WHEN I go somewhere new	THEN I feel...	
--	---------------------------------	--

WHEN	THEN I feel...	
-------------	---------------------------------	--



My Den Meditation

Meditation is a great way to help children regulate their emotions. They can experience immediate benefits in their body through meditation and they will learn to recognise when they are feeling overwhelmed and create a calm space in their minds. This is helpful for controlling feelings.

Starting off - Den Meditation

Explain to your child that together you will be making a calm den. Get them involved in making this and while your doing this explain to them that this den is for meditating and this means feeling calm and relaxed. Once you have made the den invite them to lay down in the den and tell them that you are going to do this with them at first.

Once you are both comfortable play the recording of **'Den Meditation'**.



Drawing Den

You can use the box below or give your child an A4 piece of paper along with colouring pens/pencils or paints and ask them to draw or paint something that represents their safe den.

Once they have finished, ask them to find a comfortable space to lay down and to take their drawing with them. Ask them to imagine that they are in their calm den and listen to the next mediation.



Meditations



Here are a series of meditations. Let's go on a journey...

Dragon Mountain Meditation
Land of Body Meditation
Land of Thoughts Meditation
Land of feelings Meditation
Home to Den Meditation

This activity helps children think about the unknown and anticipate how to deal with situations. Ask your child if they would like to play the 'Journey' game. Explain that this will be an exciting adventure. You might say...

"We're going to go on a journey and before we go let's think about what we might need. For big journeys, for example starting school, going to their first sleepover, a holiday, we can have mixed feelings such as nervousness, worry, excitement. There are different types of journeys so let's practice by thinking about the journeys below to prepare."

Going on holiday
Starting school
First Sleepover
Moving house

Now it is time for a journey. Invite them to find a comfortable place and play the recording of the **"Dragon Mountain Meditation Audio"**. Ask them to close their eyes and imagine they are on the journey. Then move onto the other meditations. Once each is finished ask them questions about how it felt, what they liked/didn't like.

Dragon Mountain Meditation



Land of Body Meditation



Land of Thoughts Meditation



Land of Feelings Meditation



Home to Den Meditation



Dragon Breathing

Put your finger at the start of the dragon's breath. Whilst breathing in, follow the path of the swirl. Then whilst breathing out, go down the swirl in reverse. Repeat this a few times, going up a different swirl each time to allow your breathing to regulate.



How am I doing?

Lets look at how things have been for you this week (or today).

The sad face is not very good and the happy face is very good.

Put a cross on the line to show me how you feel

Me

(How am I doing?)



Family

(How are things in my family?)



School/Nursery

(How am I doing at school/nursery?)



Everything

(How is everything going?)



Comfort Cards

We all need different things at different times to help with our feelings. It is hard to know what someone needs at any one time. Sometimes they might want a hug, other times they might want to be left alone. It helps to have a comfort menu so that your child can point to what they need and/or you can ask them what they need when you notice they are struggling.

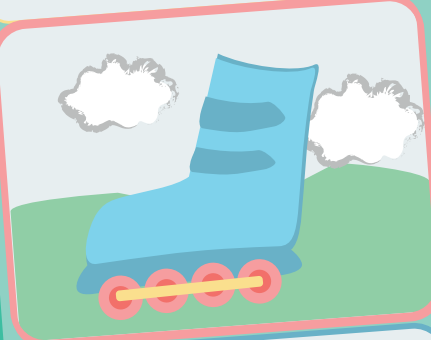
1. First get them to think about all the things that help them feel good. You could write a list together if you want.
2. Encourage them to think about a variety of activities which link to different aspects of their well-being (spending time with others, hobbies, learning, sport, chocolate treats etc).
3. Using the blank cards, ask them to create a card for each of the feel-good activities. On the back of the card you or they can write about what it is and why they like it (e.g it helps me feel happy, it keeps me calm)
4. Explain to your child that these cards can be used when they feel bad, worried, upset, angry. Let them know that they can show you what they need by showing you a card. You can also ask them to point at a card when you notice they are struggling
5. Remember to use them!

Write the activity here

Draw the activity here

tell us more about it
When do you do it?
Where?
What's the best part?

Roller-blading



If the weather is nice we go outside and if not we go to an indoor skate park for a treat. Dad is helping me learn to go down the ramps.



Me and Dad go roller-blading

How many stars would you give it?
Colour them in

Comfort Cards



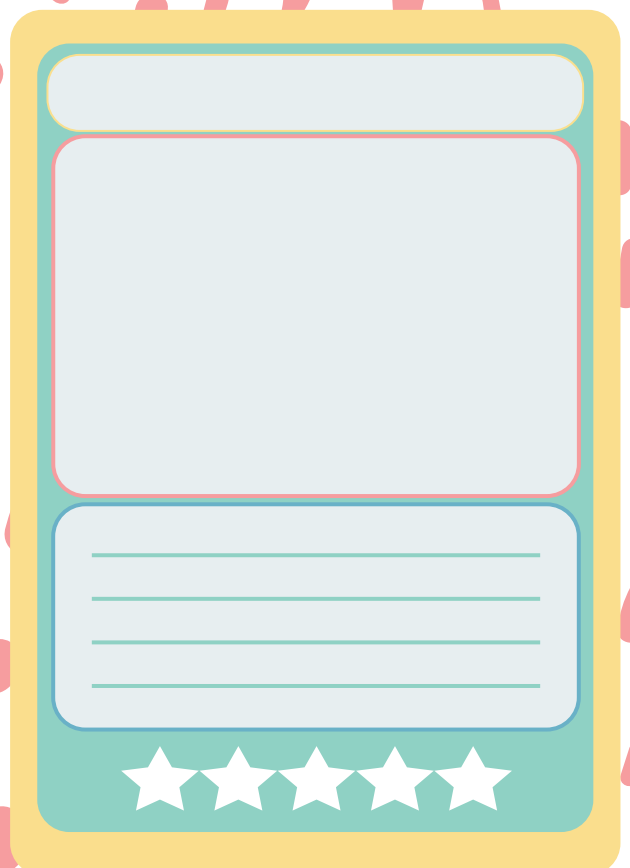
A green-bordered card template with a light blue background. It features a small header box at the top, a large central text area, and a bottom section with four horizontal lines for writing. Five white stars are arranged in a row at the bottom. The card is surrounded by blue confetti and dashed lines.



A blue-bordered card template with a light blue background. It features a small header box at the top, a large central text area, and a bottom section with four horizontal lines for writing. Five white stars are arranged in a row at the bottom. The card is surrounded by red confetti and dashed lines.



A red-bordered card template with a light blue background. It features a small header box at the top, a large central text area, and a bottom section with four horizontal lines for writing. Five white stars are arranged in a row at the bottom. The card is surrounded by blue confetti and dashed lines.



A yellow-bordered card template with a light blue background. It features a small header box at the top, a large central text area, and a bottom section with four horizontal lines for writing. Five white stars are arranged in a row at the bottom. The card is surrounded by red confetti and dashed lines.