



Miindfulness
PROMOTING CHILDREN'S EMOTIONAL
LITERACY & EMOTIONAL REGULATION

Funded by



CLARION
FUTURES



WHAT IS EMOTIONAL LITERACY?

The ability to understand our emotions & communicate them.

WHY IS IT IMPORTANT?

- Helps children to understand the emotions they are feeling.
- Enables them to understand the emotions of others.
- Children need emotional literacy before they can regulate their emotions.

WHAT IS EMOTIONAL REGULATION?

The ability to manage our emotions so that they do not become overwhelming.

WHY IS IT IMPORTANT?

- Prevents children from becoming overwhelmed.
- Our emotions, thoughts and behaviour are closely linked.
- Promotes mental health throughout our lifetime.

RECOGNISING EMOTIONS



Group Task:

How many different emotions can you think of?



WHY DO WE HAVE EMOTIONS?



- Emotions serve a very important function.
- They help us to survive.
- They influence our decision making.
- They arise in reaction to stimuli & tell us how to react.



BIG Emotions



ELATION



JOY

EXCITEMENT



BIG Emotions



RAGE



TERROR



FRUSTRATION

FEAR

DISGUST

BECOMING OVERWHELMED



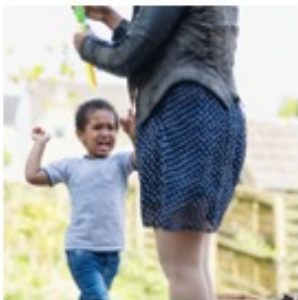


HOW CHILDREN COMMUNICATE THEIR EMOTIONS:



- **All** behaviour is communication-especially tears and tantrums!

- Usually communicating unmet needs (BIG emotions).



- Children don't have the words (Emotional Literacy).

- Develop a shared language so that you can understand what your child is trying to tell you.

IS HE HUNGRY? CAN'T SHE CONTROL HER CHILD?



'What people think of you or your child is no more your business than your child's behaviour is theirs.'



DEVELOPING A SHARED VOCABULARY

Name the emotion that you are feeling

Talk about & name different emotions

Have a daily 'emotions check-in'



Mindfulness

DEVELOPING EMOTIONAL REGULATION



.....

Understand and identify emotions in ourselves and others.



.....

Identify situations that can trigger big emotions.



.....

Develop strategies we can use to manage big emotions.

UNDERSTAND & IDENTIFY EMOTIONS IN OURSELVES & OTHERS

Talk about the
emotions of
characters in
books or on TV

Try to guess how
others might be
feeling

Demonstrate
facial expressions
for different
emotions



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IDENTIFY SITUATIONS THAT CAN TRIGGER BIG EMOTIONS

Talk about the
last time your
child felt a big
emotion.

Highlight any
physical signs
they might feel.

Do not avoid
these situations!
Practise them!



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DEVELOP REGULATION SKILLS

Learn breathing exercises.

Model regulating your own emotions.

Learn to ask for help when needed!

Provide a space at home to regulate.

Give them opportunities to practice!



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Habits Are Just
Repeated BEHAVIOUR
That Becomes AUTOMATIC





**FREE CHILDREN'S MENTAL HEALTH
ADVICE & RESOURCES VIA WEBSITE &
NEWSLETTER**



Mindfulness

OUR RESOURCES



**ANGER
WALL**



**EMOTIONS
FLIPBAND**



**MIINDFUL
MOMENTS LANYARD**



**MIINDFUL
MOMENTS LANYARD**



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OUR RESOURCES

EMOTIONAL REGULATION TOOLKITS

Teach your child to understand, identify and manage their emotions!

Available in ages 3-5, 6-8 & 9-11 years

Each toolkit includes:

- 8 guided learning activities
- Educational videos
- Interactive games
- Step-by-step parent & school guidance
- Regulation resources and much more!



www.miindfulness.com



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THANK YOU FOR COMING!

ANY QUESTIONS?

