



Learning through **Exploration**
Reaching Our Full **Potential**
Inspiring the **Future**
Explore, Achieve, Inspire

Leadenham Church of England Primary School

Little Acorns Pre-School

Main Road, Leadenham, Lincoln LN5 0QB

www.leadenhamprimaryschool.co.uk

enquiries@leadenham.lincs.sch.uk

Telephone: 01400 272702

Headteacher: Mr M Nicholson



Mental health awareness week starts every year on the second Monday in May – in 2019 from 13 – 19 May.

The BBC has released advice and top tips on how to talk to your child about emotions.

"How to talk to your child about emotions"

Children's social and emotional skills begin to develop from a very young age. Building a good understanding of emotions when you're young helps you relate to others and manage your own mental health later on. Talking openly with children about how they feel and why, enables them to start recognising and understanding different emotions. Follow these simple steps from our friends at Feeling Better to start a conversation...

1. Start talking

Try asking your child to describe how they are feeling, and follow up with open questions about what's happened to make them feel this way. For example; 'Tell me about how you are feeling?' or 'What has happened to make you feel like this?' Talking will help your child process their feelings and make sense of them, as well as calming them down.

Try this: Encourage your child to consider their feelings each day, by simply asking 'how are you feeling today?'

2. Put a label on it

Once your child has described how they are feeling help them put a label on it. Are they feeling angry? Worried? Scared? Frustrated? Happy? Doing this will help increase their vocabulary, and make it easier to recognise the emotion the next time they experience it.

Try this: Ask your child to repeat the name of the emotion, and the feelings that go with it back to you.

3. It's okay to feel this way

It's important that your child knows that it's okay to feel different emotions, even if it's not a nice feeling. Experiencing emotions like jealousy, envy or even feeling selfish can help us learn about ourselves and other people. Reinforce to your child that we all experience challenging feelings.

Try this: When your child is feeling one of these emotions, encourage them to consider how others might feel.





Learning through **Exploration**
Reaching Our Full **Potential**
Inspiring the **Future**
Explore, Achieve, Inspire

Leadenham Church of England Primary School

Little Acorns Pre-School

Main Road, Leadenham, Lincoln LN5 0QB

www.leadenhamprimaryschool.co.uk

enquiries@leadenham.lincs.sch.uk

Telephone: 01400 272702

Headteacher: Mr M Nicholson

4. Feelings Faces

Encouraging your child to recognise different facial expressions helps them to make connections between what they're feeling and what that might look like. A downturned mouth can be sad, an upturned one can be happy! What about excited – what does our mouth do then? What do our eyebrows do?

Try this: Get creative with this fun craft project. Spend time creating lots of different face components with your child. Then make as many faces as you can, asking your child to guess what emotion the face is feeling each time.

5. Share your stories

There are lots of complex emotions that might seem hard to describe to your child. Help them understand by giving examples of a time you felt this way. You could describe what happened to make you feel this way and share what you did to make yourself feel better."

(CBEEBIES <https://www.bbc.co.uk/cbeebies/joinin/talking-to-your-child-about-emotions>)

For more information and top tips visit:

<https://www.bbc.co.uk/cbeebies/joinin/talking-to-your-child-about-emotions>

Feeling Better - <https://www.bbc.co.uk/cbeebies/shows/feeling-better>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

<https://www.mind.org.uk/get-involved/mental-health-awareness-week-2019/>

www.ChildrensMentalHealthWeek.org.uk

Top Suggestions from Children's Mental Health Week Website:

www.ChildrensMentalHealthWeek.org.uk

- "Chat with your child about what you do to look after your body and mind, from walking the dog to turning your phone off before bed. Sharing the steps you've taken to stay healthy can set a good example for them – but don't be afraid to admit it if you've struggled! It's important for children to keep trying, even when things are difficult.
- Praise your child and other family members for what they do to look after their body and mind – even if it's small. If your child sees healthy living in a positive light, they're more likely to carry on doing these things throughout life.
- Remind them that there's no such thing as a perfect body or mind – and no one is perfectly healthy! Your child might be tempted to compare themselves to other children, especially on social media, but it's important to remember that everyone's bodies and minds are different – and that's something to celebrate.
- Do something regularly with your child to be Healthy: Inside and Out. Family life can be very busy and stressful at times. Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun."

Take a closer look at your child's learning as it happens- follow us on Facebook

Or Twitter @LeadenhamKS1 and @LeadenhamKS2 - for the latest news and information.

