



Emotional Wellbeing

Mrs Gillies & Mrs Waind

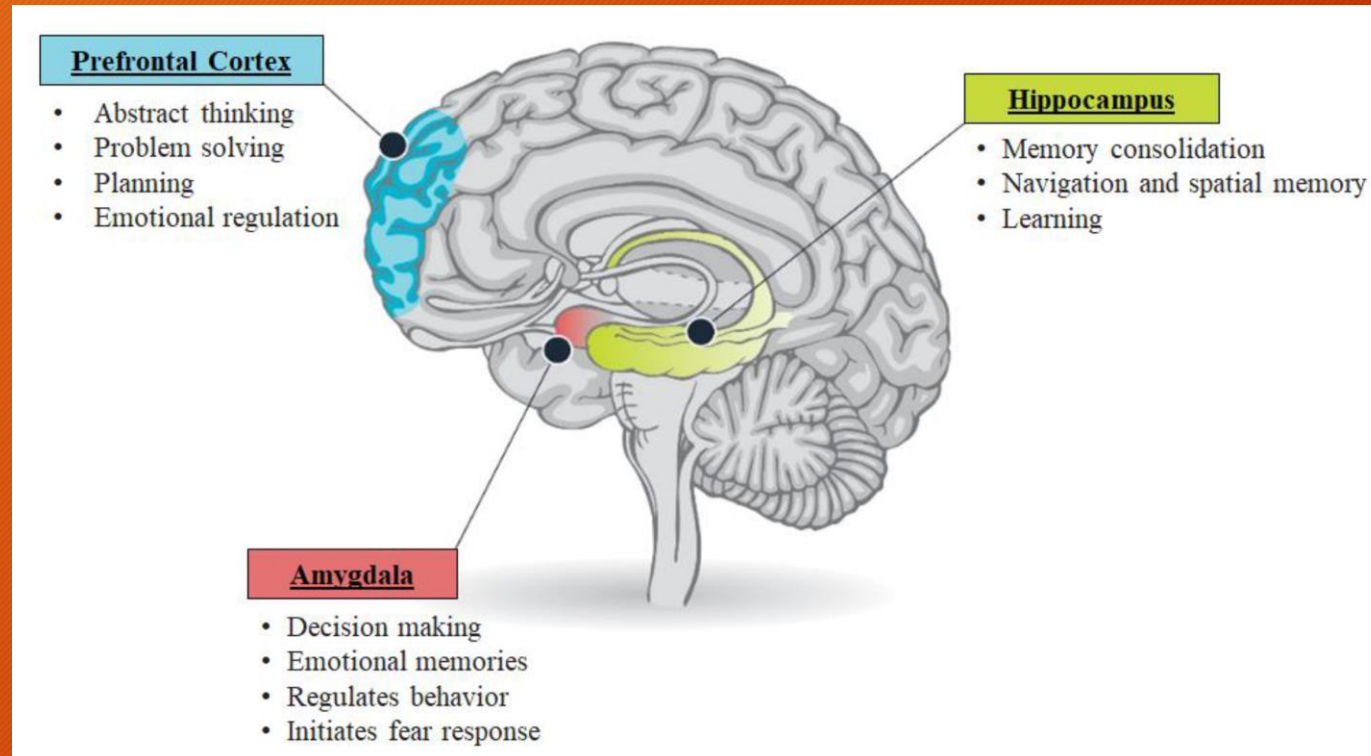
What does good emotional well-being look like?

- ❖ Express a wide range of emotions appropriately
- ❖ Show empathy to others
- ❖ Manage emotional reactions in a constructive manner
- ❖ Develop meaningful relationships with peers and adults
- ❖ Adapt to changes or challenges without becoming overwhelmed
- ❖ Describe a wide range of emotions
- ❖ Not dwell on their mistakes but learn from them

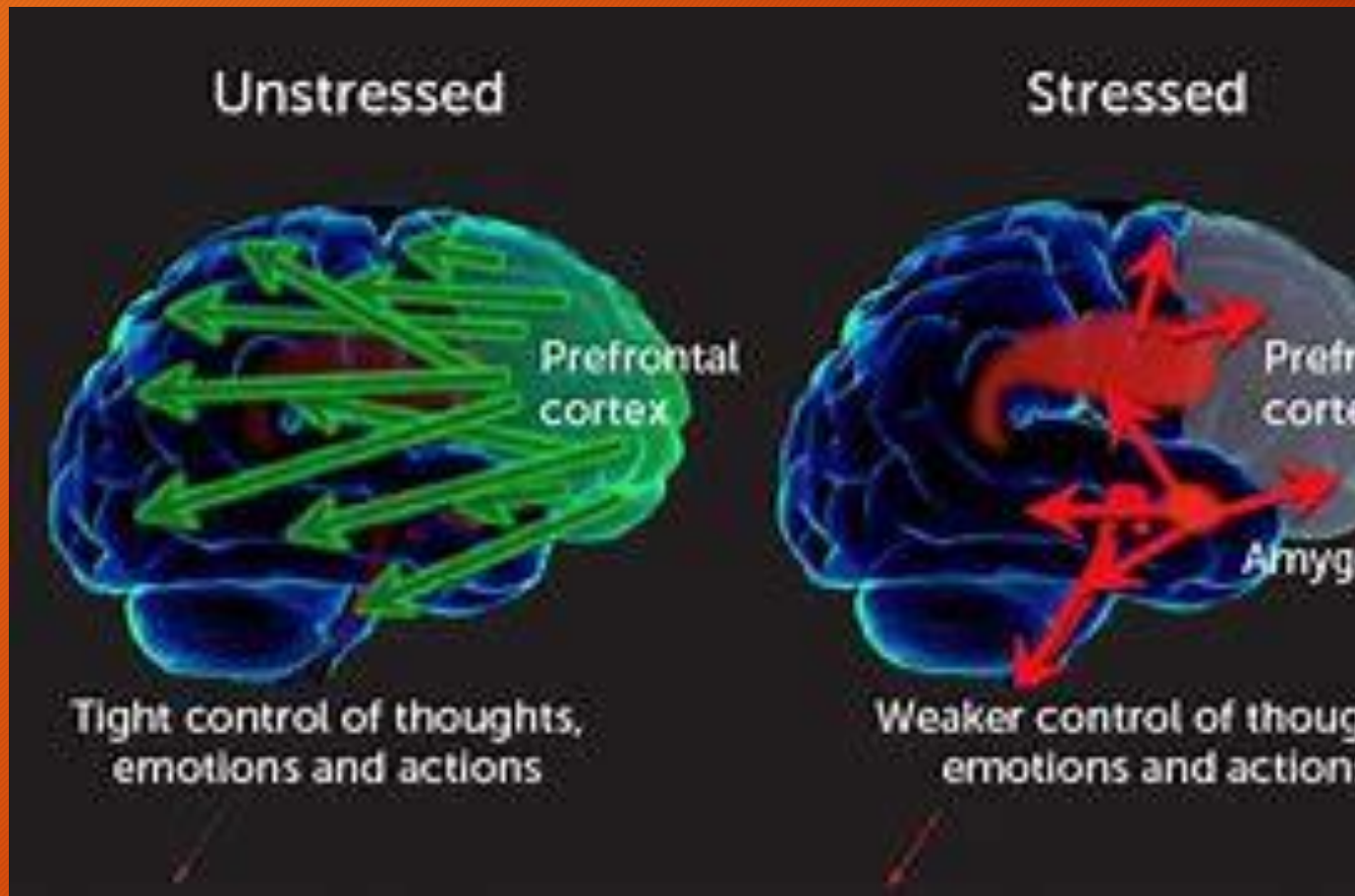
How can we develop emotional well being in children?

- Brain development from birth- *Maslow's Hierarchy of Human Needs*
- First 3 years of life is the most important for brain development
- Three key parts of the brain:
 - Hippocampus- stores every memory we have (like a huge scrapbook)
 - Amygdala- keeps us safe from danger
 - Prefrontal cortex- logical thought

3 Keys parts of the brain



Brain Development



Behaviour that may be displayed if a child does not have emotional well-being

- Unhealthy, uncontrolled emotional outbursts
- Anger- being physically with others
- No trust in others
- Withdrawn
- Seek sensory input
- School avoidance

Strategies we use in school:

- Check in's
- *Emotional currency*
- Zones of Regulation
- Trauma Informed Training
- Sensory interventions
- Worry Monsters
- Labelling emotions, Facial expressions
- Active listening
- Choose your time and place wisely

An aerial photograph of a beach at sunset. The sun is low on the horizon, casting a warm, golden glow over the scene. Waves are breaking onto the shore, creating white foam that contrasts with the dark, shimmering water. The sand is a mix of light and dark patches, with some rocks scattered along the water's edge. The overall mood is serene and contemplative.

**There are no perfect parents,
and there are no perfect
children, but there are plenty of
perfect moments along the way.**

Dave Willis