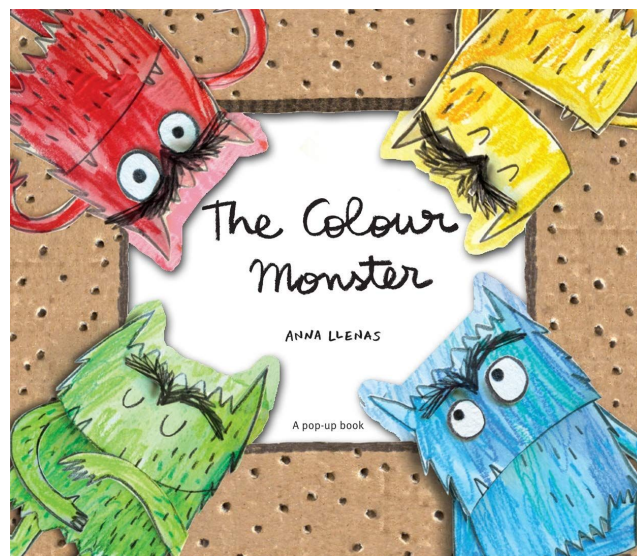


Before the Christmas break in nursery we were learning how to express our emotions using the story 'The Colour Monster'. Each monster in the story is a different colour and that colour represents a different emotion.

There will be a video of us telling this story available on our website or twitter page.

In this pack there are some experiences you can take part in with your child to help them express their feelings and hopefully help your child to better understand their own emotions.



What each colour represents -

Yellow - Happy

Blue - Sad

Pink - Love

Red - Angry

Green - Calm

Black - Fear

The Importance of Children Expressing their Emotions.

Young children deal with many of the same emotions adults do. Children get angry, sad, frustrated, nervous, happy, or embarrassed, but they often do not have the words to talk about how they are feeling. Children can express their feelings through facial expressions, through their body, their behaviour and play. Sometimes they may act out their feelings in physical, inappropriate or problematic ways.

Children who learn healthy ways to express and cope with their feelings are more likely to:

- Be empathetic and supportive of others
- Perform better in school and their career
- Have more positive and stable relationships
- Have good mental health and well-being
- Display less behavioural problems
- Develop resilience and coping skills
- Feel more competent, capable and confident
- Have a positive sense of self.

Some useful links to help with children regulating their feelings and developing resilience.

Cosmic yoga on YouTube have some great videos for children to take part in - you can type in to YouTube 'yoga time for little ones' and a number of videos will appear. Here is a link for you also

<https://www.youtube.com/watch?v=YKmRB2Z3g2s>.

Healthier Minds is also a great resource for parents to use for promoting mental well-being in our children.

<https://blogs.glowscotland.org.uk/er/healthierminds/>.

This link has lots of information on recognising and regulating our feelings. It also has some relaxation activities.

<https://blogs.glowscotland.org.uk/er/healthierminds/mental-wellbeing/children/>.