

# Emotion Works

Information for parents /  
carers

Working Together to  
Achieve More



BEANSTALK  
Family Nurture  
Centre

Emotion Works is used to support children to learn and understand emotional language.



It is important to talk to children about emotions and Emotion Works is a very simple way to break it down.

In nursery we focus on:

- ◆ Emotion words—these are the words we use to describe how we feel, for example happy, excited, sad, grumpy, frightened, shy
- ◆ Regulation Strategies— these describe the different ways we can help ourselves to feel better when experiencing unpleasant or uncomfortable emotions, for example cuddle, rest, joke, outside, books, talking, another place, eat
- ◆ Emotion Behaviours—these describe the ways emotions can be expressed both verbally and non-verbally, for example laugh, cry, hit, run away, throw, stamp feet

We use Emotion Works in nursery in different ways:

- ◆ With pictures, showing children visually, allowing children to point out the emotion words, behaviours or regulation strategies
- ◆ Verbally, talking to the children about their emotions—naming the emotions, naming the behaviours and regulation strategies
- ◆ Though individual Emotion Works books with the pictures so children can build a story about how they felt, what caused them to feel this way and what they did to regulate and help them feel better



If you would like to know more about Emotion Works please speak to your child's key worker.