

## Personal, social and emotional development

# Managing Feelings and Behaviour 4-5 years

### What adults could provide:

- Planned small group times when children can explore feelings using feeling cards or puppets to explore and talk about situations where a child might feel a certain emotion build up the connections between sensing, feeling and thinking;
- Simple problem-solving created activities that you can do together;
- Lots of ways to communicate and express feelings e.g. painting, drawing, sand tray, instruments, drums, clay, play dough, construction blocks;
- A 'Captain Thinking' or 'Wise Owl' puppet who can help a child think through a problem or tricky situation and explore the questions – What did you do, why did you do it, what were you feeling, what was happening in your body, what could you do differently next time. You will be lending your thinking brain through the puppet to help the child use their thinking brain



### What adults can do:

- Always stay calm, get down to the child's level and make eye contact – close communication can be calming
- Be encouraging and interested in what the child has to say. Listen attentively, refer back to it later to show you took it seriously. Children need to know that they will always be listened to
- Offer simple possibilities for how the child might feel in different circumstances e.g. Let me imagine how I might feel in that situation ... I might feel hurt or maybe even frightened. My palms sweat and I might have a fluttery feeling in my tummy.
- Model being fair
- Explore ways in which the child can signal or ask for help when they have a problem
- Give clear information about what behaviour is required in different situations, make sure children understand reasons behind boundaries

