

# Teach how to recognise emotions and options for expressing feelings

A suggestion for implementing the strategy 'Support emotional wellbeing and positive mental health' from the Guide: Behaviour and

learning

Includes: Utilise literacy activities

Offer 5-point colour scales

Create playful opportunities for practice

Tools for managing anger triggers

Reflective questions

Useful resources

From

Guide: Behaviour and learning

Strategy: Support emotional wellbeing and positive mental health

Suggestion: Teach how to recognise emotions and options for expressing feelings

Date

21 April 2024

Link

inclusive.tki.org.nz/guides/behaviour- and -learning/teach-how-to-recognise-emotions- and -options-for-decompositions and -options -for-decomposition - and -options - an

expressing-feelings

## **Utilise literacy activities**

Teaching social and emotional learning as part of literacy lessons has a significant impact on students' learning and wellbeing.



Video hosted on Youtube http://youtu.be/L6Kxd5Dp6K8 Closed Captions

Source:

Edutopia (US)

https://www.youtube.com/channel/UCdksaQxXH13BMeHoo9MorBg

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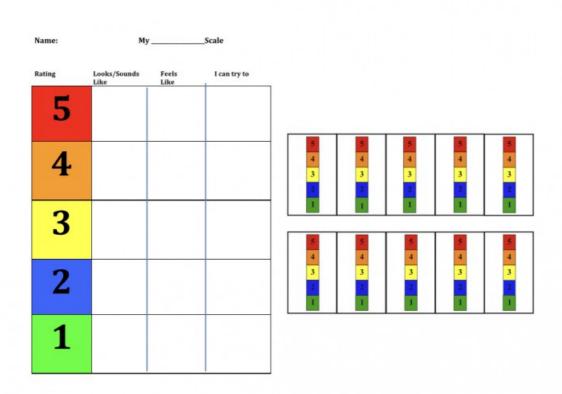
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## Offer 5-point colour scales



#### Source:

The Incredible 5-Point Scale https://www.5pointscale.com/

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# Create playful opportunities for practice

Include within the curriculum activities that involve social interaction and emotional responsibility, or the ability to respond emotionally.

Use these recommendations in the classroom.



Video hosted on Youtube http://youtu.be/-Rrnep5\_f4Q Closed Captions

#### Source:

Understood (US)

https://www.youtube.com/channel/UCbXMoF3-74hj2lhLCIp3C-A

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### Tools for managing anger triggers

Support students to recognise and manage the situations that trigger anger.

Visit the **Anger trigger analysis** toolkit to explore these resources:

- ✓ anger trigger analysis graphic organiser
- ✓ picture choices calm down strategies
- ✓ behaviour goal planning and reflection graphic organiser

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### **Reflective questions**

Adapt for your own context.

- ✓ Where in the curriculum can you include specific teaching about emotions?
- ✓ How could you increase students' expressive language so they can identify their emotions more accurately?

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#### **Useful resources**



#### Managing emotions: Sparklers

Classroom activities designed for students in years 1-8.

**Publisher: Sparklers** 

**Visit website** 



#### Anger trigger analysis

Definition of anger trigger analysis and resources to support identifying triggers.

Publisher: Goalbook

Visit website

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