



Northamptonshire
Educational Psychology Service



Wellbeing Boost for Schools – Week Eight – Emotions Look for what's good



Dear Colleagues

Welcome to our eighth Wellbeing Boost this term, which is about 'Emotions – look for what's good.'

"Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom" **Marcel Proust**



Thank you to those who write back to tell me how they are sharing these Wellbeing Boosts with their school community. I feel so encouraged! I hope to be able to share more about this before Easter.

Some of the most fascinating research in positive psychology has come from Barbara Fredrickson who is probably best known for her Broaden-and-Build Theory of Positive Emotions. In this theory she proposes, *'that the positive emotions broaden an individual's momentary mindset, and by doing so help to build enduring personal resources.'*



Life tells us that we will have both negative and positive experiences. Sometimes we feel good about things and sometimes we have other feelings. We can feel lots of feelings at once, but research tells us that if we focus on good things and the positive feelings, we can perform better, increase resilience and improve our mental and physical health.

ACTIVITIES TO TRY FOR YOURSELVES AND WITH THE CHILDREN

- Do something that helps you to feel good. How else does that feel?
- Decide to smile at people and say something positive. 😊
- Keep a journal and write down 3 things you notice that have felt good.
- Think of as many emotions as you can and write them down, each one on a post-it note and then put them in a jar/box. When you are together with others mime one of the emotions and see if the others can guess it.
- Visit <https://www.childline.org.uk/toolbox/mood-journal/> to see how children can record how they feel.
- Write someone a letter or card to express your gratitude for them.
- Ask the children to give words to feelings that may be uncomfortable or worrying. It may help to create a scenario with a puppet, or simply say how else might someone be feeling if they look sad or upset. Write them down on paper and ask children what someone could do if they felt..... A useful book for children is 'Worries are Like Clouds' by Shona Innes.
- Create a Wordle of emotions that feel positive. There is an example on Page 1 from John Hellins Primary School in 2014 after an assembly.

OTHER WEBSITES AND RESOURCES

- I thoroughly recommend the book by Vanessa King, Peter Harper and Val Payne to find lots of things to do with children at home, school or anywhere to feel happier. <https://www.actionforhappiness.org/50-ways-to-feel-happy> It is great value at £7.99.
- Another book worth considering is The Happy, Confident Me Journal from the Happy Confident Company at under £5.
- If children are finding it difficult to regulate their emotions and have had a difficult start to life there is a lovely book by KL Aspden, 'Help! My feelings are too big!' <https://www.waterstones.com/book/help-my-feelings-are-too-big/k-l-aspden/louise-michelle-bomber/9781785925566>
- Think for the Future have produced a series of 'Wow Packs,' which are free to download with lots of resources around emotions and other aspects of life <https://www.thinkforthefuture.co.uk/covid-19-response>
- Simon Aston is running free 1 hour long webinars on the 23rd March for schools and professionals across the county looking into online safety, COVID 19, wellbeing and how can we effectively safeguard young people online. To book your place please follow the [Eventbrite link](#). There are also mini video clips on [YouTube](#) aimed at parents and carers around keeping children safe online. Schools and professionals can share the video clips with parents to promote online safety especially as young people and children come back to school.

The Shop of Happiness in Caernarfon, Wales has a story that left me feeling inspired. I had never heard of them until a lovely teacher called Kelly Rich, from Weston Favell Primary School sent me a link <https://livespiffy.co.uk/> The story is very heart warming. The two guys that run the shop have a wonderful collection of resources and gifts that you may well appreciate. Have a look 😊

This is what Kelly writes: I have come across this 'happiness' shop called livespiffy. I am a parent and SENDCO at Weston Favell Primary School and I really feel that all staff would love some aspect of this shop and what it sells. As we have not been in school as much as we would like I have not used what I've bought how I had envisaged however there are a few products I'd like to share.



These cards are a lovely way to give children daily uplifting and supportive reminders. The child chooses a card to display which can help children manage their worries, understand their feelings and boost their self-esteem. I have only used these at home with my 7-year-old and it has really created a special time where we discuss the card and what it means to us both.



This note pad is an amazing addition to any 'Zones of Regulation' regulation stations. We have added these into our classrooms for children to use to explore their feelings and share with someone in a non-threatening way. Also used at home, and it just helps my daughter share her feelings without having to talk if she's not ready for that yet. I could go on with the incredible resources that you can buy, but you must look for yourself! Give yourself a limit to spend though!!! <https://livespiffy.co.uk/>

Thank you Kelly for your valuable contribution helping us to look for what's good. If anyone else has anything to share please drop me an email. Best wishes for the week ahead when there will be so many more children at school and parents may be able to breathe again. Feel free to share this and the other wellbeing boosts when you connect with friends, colleagues and family. Take care of yourselves. Thank you www.actionforhappiness.org

John Fardon (Education Inclusion Officer – Mental Health)

