

Activities to promote and support emotional wellbeing

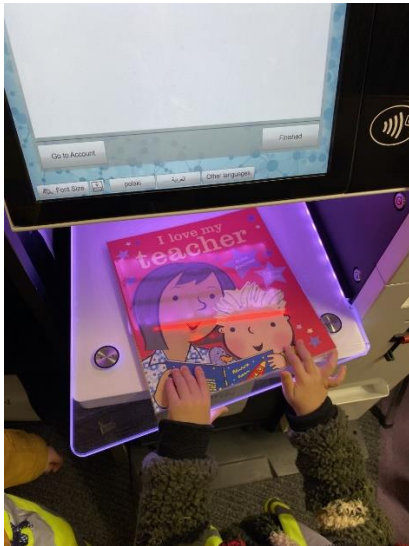


Figure 1A visit to the library and the children help to sign out books, develops confidence.



Interactive displays help children to become curious, compare what they see with their peers and adults and help them to learn about the different emotions and why we feel them.



We encourage the children to have a go at serving their meals to encourage independence, choices and help peers.



Free flow activities develop other areas including learning about emotions such as social awareness and cutting.

Introducing the emotions board encourages us to listen to our peers, share our emotions and develop understanding of the different emotions.

