



Title: When I feel sad or upset (V3)

Level: Early Level

Code: EL10

Links to Curriculum for Excellence

Experiences/Outcomes	Benchmarks
<p>I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this. HWB 0-49a</p> <p>I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. HWB 0-45a</p>	<ul style="list-style-type: none"> • Recognises and communicates uncomfortable feelings in relation to a person or situation using, for example, the 3-step model: say no, go away, talk to someone you trust. • Identifies people who can help, for example, teachers, family members. • Recognises that care can come from a variety of different people.

Learning Intentions

- Children have understanding of their feelings/emotions.
- Children understand the concept of trust and consider who they trust.
- Children know that if they are sad or upset they can talk to an adult they trust.

Success criteria

- I know that I have a right to be cared for in certain ways and why this is important
- I am beginning to understand that my body and mind both need to be looked after.
- I know who can help me and keep me safe and who I can talk to if I am worried.
- I am learning how to communicate effectively.

Connecting with home

Information for parents and carers is provided at each Level on the RSHP site. For information for parents/carers about Early Level learning go here: <https://rshp.scot/early-years/> Some of the suggested activities include links with home. Books suggested for use in the centre/school could also be for lending.

Key words/vocabulary

- Angry
- Confident
- Excited
- Feelings
- Kind
- Proud
- Sad
- Tired
- Trust
- Upset
- Worried

Activities

Learning can be planned or take place in what we might call those spontaneous ‘teachable moments’ when children and educators are playing and chatting, or a particular event happens. Of course, we can create those teachable moments too, and so there are suggestions here about how books, play and other activities can support RSHP learning at Early Level.

When I feel.... Sitting as a circle, use the prompt cards and images, children pick from the hat/bag– explore two things – what do the children do when they feel this emotion (encourage children to show) and how do they feel in their body? There are a mix of emotions, children can pick and put back so that everyone has a chance to consider several emotions. The individual nature of how we express emotion and feel emotions can be emphasised.

Feelings songs A series of songs for playing, singing and discussion. The songs are in the menu here, each lasts approx. 1 minute: the **excited** song, the **shy** song, the **worried** song: <https://www.bbc.co.uk/cbeebies/watch/feeling-better-songs-playlist#playlist>

Possible prompts for discussion:

- What did the characters in the song feel excited about/feel shy about/worry about?
 - What makes you feel excited/shy/worried?
 - How does it feel in your body when you feel excited/shy/worried?
 - *Then for shy/worried only:* How can we help someone if they are shy/worried?
 - What can you do if you feel shy/worried?
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Create a character and their story Create a character using a doll or puppet and give them a name. Introduce them to the children and say that they are worried about something. Let the children decide what that might be – have discussion from there – explore who the character might talk to. Use the character at different points in the week so that a range of worries might be explored.

Talking about trust Introduce the idea of trust, what it means, why it’s important, explore who the children trust. Discuss and make a list of the people the children trust. This might be a helpful initial explanation:

Trust means telling the truth and keeping your promises. A person you trust will be kind, tell the truth, keep their promises and look after you.

Huge bag of worries The classic story is listed later. You could make a bag of worries of your own, throughout the week children could reflect on what they worry about – in the group and individually – and discussions could encourage children to remember that talking helps - Who would they go to? Who do they trust and why?

Sing! The song 'If you're happy and you know it' can be adapted by the children. After this first verse what about 'If you are worried and you know it.... Excited/Tired/Proud/Angry/Confident etc.

BOOKS FOR READING TOGETHER OR BORROWING

Please check out the full reading list provided at Early Level. The books listed here provide opportunities to talk about the themes of interest, they could be used with a class or group, reading to pairs or individual children to support and back-up key learning. Parents could be encouraged to read them at home too. A full reading list is also available on the RSHP resource at Early Level.

The Huge Bag of Worries

Virginia Ironside ISBN 0340903171

Whenever Jenny goes, her worries follow her - in a big blue bag! They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can she get to help her? This story will appeal to all children who have occasional worries of their own.

Little Meerkat's Big Panic: A story about learning new ways to feel calm

Jane Evans ISBN 9781785927034

Once upon a time there was a Little Meerkat with a very important job to do. Today was the day when Little Meerkat finally took a turn at being the lookout meerkat - watching for dangers to protect the meerkat gang. It was all going well until... This playful full-colour storybook shows children aged 2-6 easy ways for them to calm their body and brain when feeling anxious. It also includes guidance for parents or professionals on the neuroscience behind the strategies, and how they can use the book to help children

I Feel Angry

Brian Moses ISBN 07502 14031

Young children experience many confusing emotions in their early years. This book examines feelings of anger in an amusing and reassuring way. Contains notes for parents and teachers with suggestions of ways to help children deal with these emotions.

I Feel Frightened

Brian Moses ISBN 07502 1404

Young children experience many confusing emotions in their early years. This book examines feeling frightened in an amusing but ultimately reassuring way.

I Feel Sad

Brian Moses

ISBN 07502 1406-6

This book examines feeling sad but deals with it in an amusing but reassuring way. This book contains notes for parents and teachers with suggestions of ways to help children deal with these emotions.

How are you feeling today Baby Bear? Exploring Big Feelings after Living in a Stormy Home

Jane Evans ISBN 9781849054249

Baby Bear lives in a home with the Big Bears and loves to chase butterflies and make mud pies - they make Baby Bear's tummy fill with sunshine. Then, one night, Baby Bear hears a big storm downstairs in the house and in the morning, Baby Bear's tummy starts to feel grey and rainy. How will such a small bear cope with these big new feelings? This sensitive storybook is written to help children who have lived with violence at home to begin to explore and name their feelings. Accompanied by notes for adults on how to use each page of the story to start conversations, it also features games and activities to help to understand and express difficult emotions.