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

MINISTRY OF EDUCATION
TE TĀHUHU O TE MĀTAURANGA

Includes:

Utilise literacy activities

Offer 5-point colour scales

Create playful opportunities for practice

Tools for managing anger triggers

Reflective questions

Useful resources

Inclusive Education
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
26 April 2024
Link
inclusive.tki.org.nz/guides/behaviour-and-learning/teach-how-to-recognise-emotions-and-options-for-expressing-feelings

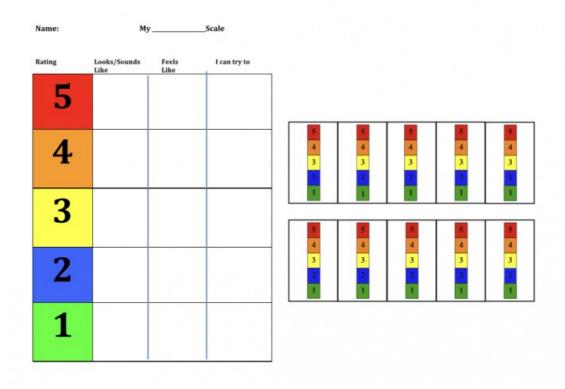# Utilise literacy activities

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/UCdksaQxXH13BMeH009M0rBg

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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

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

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