

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

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

13 October 2021

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/UCdksaQxXH13BMeHoo9MorBg>

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Offer 5-point colour scales

Name: _____ My _____ Scale

Rating	Looks/Sounds Like	Feels Like	I can try to
5			
4			
3			
2			
1			



Source:

The Incredible 5-Point Scale

<https://www.5pointscale.com/>

[View full image \(157 KB\)](#)

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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

Publisher: Sparklers

[Visit website](#)



Anger trigger analysis

Publisher: Goalbook

[Visit website](#)

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