

My Feelings

Telling grown ups how I feel



Think about.....

- What can the child do now?
- What are the next skills needed?
- Make a plan to help.
- Get inspired, talk to others and share ideas.
- Do the plan. Keep practising. It may take some time but it's worth it.

1. I can show grown-ups when I feel happy or sad by the things I say and do.

2. I can seek a familiar adult to share feelings such as excitement or pleasure, also when feeling tired, stressed or frustrated.

3. I am comforted and soothed when you talk me through my difficulties and are in close physical contact, e.g. hug me.

4. I show happiness and pleasure when I am enjoying myself and you share in the fun with me .

5. I am starting to talk about how I feel. You can help me by putting words to the feelings and the reasons for them, e.g. 'I think you are excited because it is snowing', 'You look angry. I think it is because Jamie knocked your tower down' etc.

6. I can tell a grown up if I am happy, sad or cross*

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