

## Wellbeing Boost for Schools – Week Eight – Emotions Look for what's good.

Welcome to our eighth Wellbeing Boost this term, which is about 'Emotions – look for what's good.'

*"Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom"* Marcel Proust

Some of the most fascinating research in positive psychology has come from Barbara Fredrickson who is probably best known for her Broaden-and-Build Theory of Positive Emotions. In this theory she proposes, *'that the positive emotions broaden an individual's momentary mindset, and by doing so help to build enduring personal resources.'*



Life tells us that we will have both negative and positive experiences. Sometimes we feel good about things and sometimes we have other feelings. We can feel lots of feelings at once, but research tells us that if we focus on good things and the positive feelings, we can perform better, increase resilience and improve our mental and physical health.

### ACTIVITIES TO TRY FOR YOURSELVES AND WITH THE CHILDREN

- Do something that helps you to feel good. How else does that feel?
- Decide to smile at people and say something positive. 😊
- Keep a journal and write down 3 things you notice that have felt good.
- Think of as many emotions as you can and write them down, each one on a post-it note and then put them in a jar/box. When you are together with others mime one of the emotions and see if the others can guess it.

- Visit <https://www.childline.org.uk/toolbox/mood-journal/> to see how children can record how they feel.
- Write someone a letter or card to express your gratitude for them.
- Ask the children to give words to feelings that may be uncomfortable or worrying. It may help to create a scenario with a puppet, or simply say how else might someone be feeling if they look sad or upset. Write them down on paper and ask children what someone could do if they felt.....  
A useful book for children is 'Worries are Like Clouds' by Shona Innes.
- Create a Wordle of emotions that feel positive. There is an example on Page 1 from John Hellins Primary School in 2014 after an assembly.

#### **OTHER WEBSITES AND RESOURCES**

- I thoroughly recommend the book by Vanessa King, Peter Harper and Val Payne to find lots of things to do with children at home, school or anywhere to feel happier.  
<https://www.actionforhappiness.org/50-ways-to-feel-happy>
- Another book worth considering is The Happy, Confident Me Journal from the Happy Confident Company
- If children are finding it difficult to regulate their emotions and have had a difficult start to life there is a lovely book by KL Aspden, 'Help! My feelings are too big!'  
<https://www.waterstones.com/book/help-my-feelings-are-too-big/k-l-aspden/louise-michelle-bomber/9781785925566>
- Think for the Future have produced a series of 'Wow Packs,' which are free to download with lots of resources around emotions and other aspects of life <https://www.thinkforthefuture.co.uk/covid-19-response>

The Shop of Happiness in Caernarfon, Wales has a story that left me feeling inspired. I had never heard of them until a lovely teacher called from Weston Favell Primary School sent me a link <https://livespiffy.co.uk/> The story is very heart warming. The two guys that run the shop have a wonderful collection of resources and gifts that you may well appreciate. Have a look 😊

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