

### Welcome

Hello! We hope everyone had a fabulous festive season! We know the holidays are a very exciting time and that people can feel a bit blue in January. So, this month's newsletter is all about emotions! We're sharing strategies and advice that you can use, to support your child's emotional wellbeing & regulation.



### Books about emotions

Here are some helpful book you can read with your child, to help begin conversations about emotions...

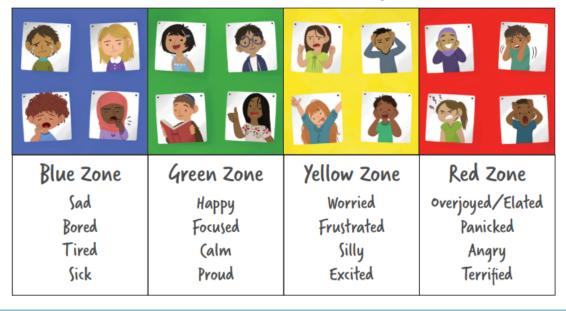


## **Emotions Visuals**

It can be difficult for children to put words to how they feel. That's why having visuals they can show instead, makes such a difference. We love using zones, which sorts emotions into 4 colour coded zones. Children simply have to say what colour zone they feel!

Begin by putting the zones visual somewhere you can easily see. You can start by telling your child how they may be feeling (e.g. "I think you're in the blue zone because you are feeling poorly"). As you get more familiar with the zones, you could ask them how they feel using questions like "how are you feeling? or "what zone are you in?". Over time, see if they can show you by themselves...

# The **ZONES** of Regulation



## **Managing Emotions**

Why not try these different techniques to help your child regulate their emotions.



#### **Cbeebies: Mindfulness for Parents and Children**

The Cbeebies website has some great tips and tricks to help children relax and be mindful of the world around them.





**Relax and Breathe with Book Cub**