

# Enlighten Press Emotions Series Learning Guide

Can your child name their emotions?



Naming our emotions allows us to take a step back and develop a platform for strategies.

Can your child recognise other people's emotions?



We add to our emotional intelligence when we learn to read how other people feel too.

Feelings are guidance!



Does your child know that it is not just OK to feel, it is GOOD to feel? Developing a good attitude and positive mindset doesn't mean pushing away negative feelings. Our feelings are important. They keep us safe, help us to direct our thoughts and connect with others. Feelings are how we experience life!

Practise breathing as a first response to big emotions.



One of the best ways to find calm is to breathe. Taking a conscious moment to breathe in the midst of a challenging feeling gives the body a chance to process and release stress. It's a big ask to do this for the first time during an upset. Practise in a calm moment, such as after reading the emotions books each night. Try saying "when I feel big emotions, it helps me to breathe deeply. Let's practise our breathing together now so we know what to do when we need to".

Does your child have their own strategies for coping with big emotions?



Every child is different. Notice if your child has a way of processing emotions that is helpful to them. Do they need quiet, or would they prefer loud music? Do they need space or a hug? Would it be helpful to sit still, or would a run around outside be more useful?

Understand that emotional regulation is a journey of self-discovery.



There is no one path for everyone. Discovering what works for us and why, is a part of every person's personal journey. Our role as parents is to support children in seeing why this is an amazing part of being human!



TO LEARN MORE ABOUT EMOTIONS  
AND RESILIENCE SEE OUR BLOG



## How to learn with Enlighten Press books

Learning feels like connection.



Children cherish reading time. The feeling that all your attention is on them, without the distractions of screens or other people, is a feeling all children crave. The sense of connection children feel when you spend time reading with them is priming their brains and their bodies for learning.

A child who loves reading will be a life-long learner.



Learning new things is not like taking medicine. When we learn new things that open up the world for us it feels wondrous! Approaching reading with a sense of discovery and an open mind and heart, sets the tone and the example for young learners to take the journey with you.

No pressure!



There are no tests here. Your child will learn at a pace that is comfortable to them. Some concepts will take time to sink in. That's okay! If your child seems impatient then go with it. Instead of reading the words, have them point out things in the images that they like. Engagement is the key to enjoyment, and learning will come naturally when we enjoy reading without pressure.

Let the concepts sink in. Then take them out for a spin!



As the language and concepts become a part of your emotional vocabulary, look for opportunities to use them in real life circumstances.

Have your child name their feelings.



Ask them to see if they can feel the emotions in their bodies. Where are the sensations of feelings? Point on their bodies to where the feelings sit.

Strategies as a go-to plan.



Use the emotional management strategies list. Have children point out what they would like to try to feel better from the list. Engage children in making their own list if they have their own ideas.

Thoughts and attitudes are the key.



Our thinking shapes our experience. Learning to deescalate a thought is a skill. Learn about possibility thinking, mindset and mindfulness with our [wellbeing resources](#).



# My good feeling activities

play with my imagination

cook some yummy food

have a hug

gardening

talk to someone

read a book

do some drawing or art

have a nap

meditate

take some deep breaths

be kind to myself and others

say something nice to myself

count to 10

stomp or do star jumps

sing or dance

go for a walk or run outside

play with a pet

