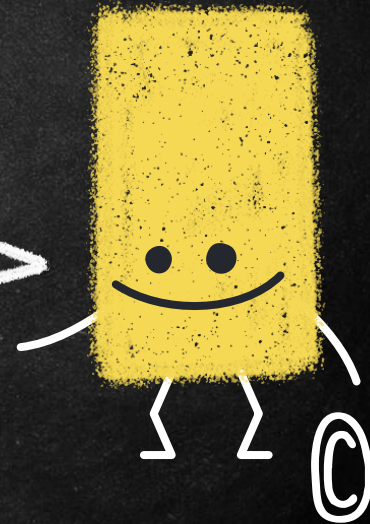




Teacher Tutorial and Guidelines

Ages 5 – 7
Mental Health
Skills Programme

12 weeks



KEY RECOMMENDATIONS FOR MAXIMUM EFFICACY

- Each week's material is designed to be delivered in 2 sessions of approximately 30 minutes (total: 1 hour per week approximately).
- Involve parents too if possible, so they can help embed skills at home.
- Use "teachable moments" throughout the week and across other curriculum areas to help embed the skills.
- Validate children's emotions (and your own!), for example, "I can understand why you might be feeling that way" – even if you don't like or agree with the action / behaviour resulting from the emotion. Separate the emotion from the action.

- Validating emotions in this way can help to defuse strong emotions and lower their intensity. It also helps prevent a child getting into a toxic shame cycle or spiral about feeling certain emotions. Show them that all emotions and feelings are okay.



- Model recognising and regulating emotions, and model other skills from the programme, both during the sessions and throughout the week. For example by saying "I feel a bit angry right now" and asking the children if they can think of a skill they've learned which you could use to help you feel more calm.



Sample

KEY RECOMMENDATIONS FOR MAXIMUM EFFICACY

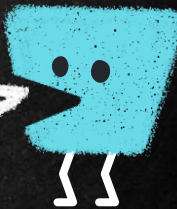
→ Keep in mind that anger is often a secondary emotion, and frequently masks other more vulnerable underlying emotions, such as sadness, anxiety or shame.

→ Opt for "time-in" rather than "time-out" if a child engages in undesirable behaviour, for example have them sit nearer you until they feel more calm.

→ Be compassionate and try to be non-judgmental (avoid "should" and "should not" statements about children's thoughts, emotions and actions). For example, instead of saying, "You should have..." try to replace it with, "I wish you had..."

→ As far as possible, address the problematic behaviour with the child later, not during a crisis situation. It can take between 20 and 60 minutes for the body to return to pre-arousal levels after an angry outburst or other strong emotional response.

→ Repeat the programme (we recommend a year later) to consolidate and embed the skills and concepts further.



BEAR IN MIND POTENTIAL REASONS FOR EMOTIONAL DYSREGULATION

Physical

Sensory

Emotional

E.g. hunger,
thirst, illness,
lack of sleep,
lack of exercise,
nutrient deficiency

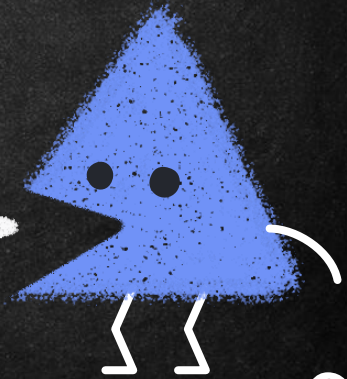
E.g. sensory
overload,
sensory processing
challenges,
sensory needs

E.g. anxiety, trauma,
anger, feeling unsafe
in new environment or
with new
routines/people, in
need of connection

Sample

WHAT ELSE YOU'LL NEED

- Large display board for an emotions display / working wall which you'll be adding to each week.
- Exercise book or folder for each child to keep sheets from the programme - as they'll be helpful for them to refer back to in order to help embed the skills they are learning.
- Stories with characters experiencing different feelings and emotions, to read each week between sessions and discuss the emotions. There are recommendations in some of the weekly lesson plans. See recommended books in the separate [Supplementary Book Ideas List PDF](#) too - that list could also be [sent home to parents](#).
- Teddy bear(s), puppet(s) or finger puppet(s) to help role play different emotions and model emotion regulation skills during and / or between sessions.



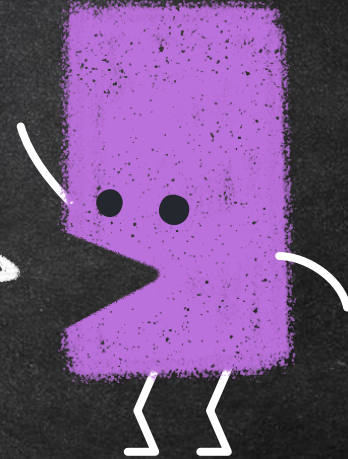
CHILDREN WITH OTHER SPECIAL EDUCATIONAL NEEDS

- Many of the skills and strategies in the programme will help children with additional needs, such as ADHD and students on the autism spectrum. However, some activities may need to be adapted.
- For example: Some children on the autism spectrum and with sensory difficulties may be unable to perceive how different emotions manifest in their bodies due to challenges with their sense of 'interoception'.
- As far as possible, we've tried to include a range of skills and strategies, so you and your students have options to try out and find what works best for them.



Remember that you can post in
the **Online Community Forum** if
you have any questions for us
when you're delivering the
programme!

Or email us directly at
ava@mentallywellschools.co.uk





WWW.MENTALLYWELLSCHOOLS.CO.UK



Sample

DESIGN CREDITS

- Presentation template by SlidesCarnival
- <http://handdrawngoods.com/freebies/>

