

EYFS, KS1, KS2

Self-regulation



Brave



Embarrassed



Worried



TEMPLATES
PACK

Contents

Introduction and guidance	3
How do you feel?	4
Blank How do you feel?	6
How do you feel? Images	9
Emotions flashcards	11
Feelings thermometer	17
Feelings meter	18
Calming down cards	19
Calming down breathing exercises	22
How do you feel? Sentences	25
Managing my emotions daily tracker	26
Managing your emotions award certificate	27

Introduction and guidance

Self-regulation – the ability to understand and manage your thoughts, feelings and behaviours – is something that children need to be taught and shown how to practise.

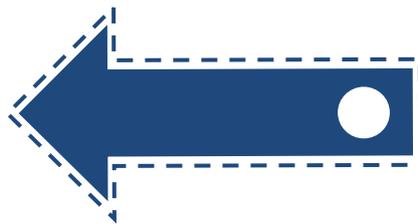
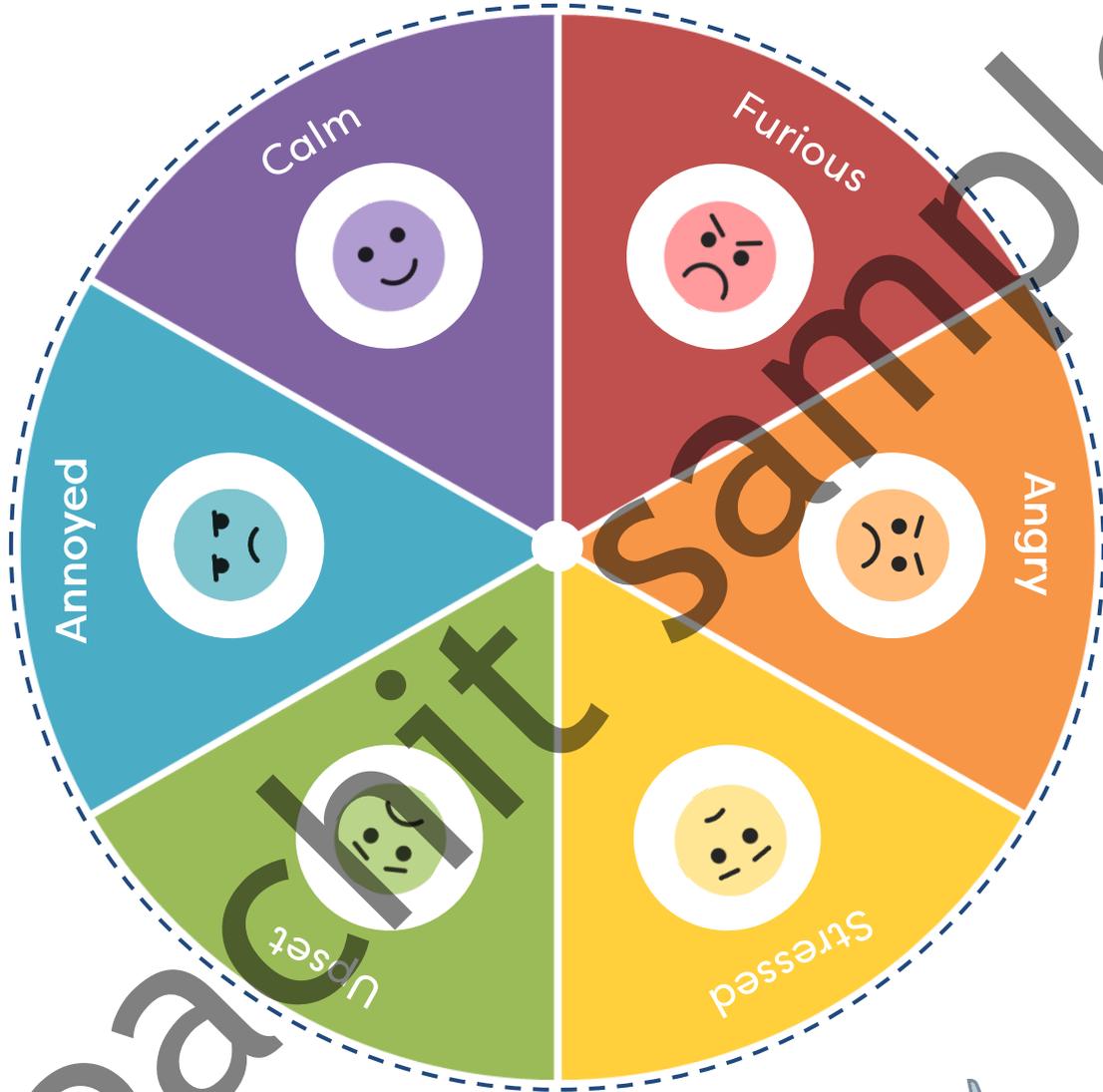
This kit aims to offer primary school teachers a flexible set of resources including emotion flashcards, breathing strategies, calm-down cards and behaviour prompts to develop children’s emotional self-regulation skills. The resources are designed for use in the classroom and for display, and can be used in lessons, laminated and hung on clotheslines, set up in a calming corner of your classroom or saved in a ‘Calm Down’ binder for 1:1 discussion time.

You’ll find engaging **How do you feel?** emotion posters for classroom display alongside blank versions for children to cut out and create their own. Use the **Feelings thermometer** and **Feelings meter** to help children to recognise how they feel and the comprehensive set of **Emotion flashcards** to explore how feelings change and how to manage them.

For children who find self-regulation more challenging, our **Calm down breathing exercises** are helpful visual aids. They show children how to reduce feelings of anger, stress or anxiety through 3-step, 5-step or 10-step breathing techniques. You’ll also find practical advice and coping strategies for children who are struggling with complex feelings and behaviours in the set of **Calm down cards**. These children may also benefit from using the **Managing my emotions daily tracker** and **How do you feel? Sentences** templates, which provide a useful framework for daily discussions about managing emotions.

We hope these resources help your pupils to feel more comfortable and confident managing their emotions. Celebrate their progress with our **Managing your emotions award certificate!**

Feelings meter



Teachit Sample

Calming down cards

When I am **furious** I will...

Move away from others



Close my eyes



Take long, deep breaths



Look out of the window or at something I find calming



Count slowly to 10



Have a drink of water



Calming down cards

When I am **angry** or **frustrated** I will...

Close my eyes



Relax my face, hands and shoulders



Accept it is normal to feel angry and frustrated sometimes



Concentrate on breathing slowly



Think of a nice thing that happened today



Have a drink of water



Calming down cards

When I am **angry** I will...

Stomp



Go outside



Do some star jumps



Draw a picture or do some colouring



Talk to someone



Play with a ball



Play with a toy



Have a drink or a snack



Listen to some music



Be on my own



Walk around



Ask for some time out



