

**Primary and  
Secondary  
National Strategies**

**Family SEAL: Good to be me!**



# Key ideas

- All feelings are OK but not all behaviour is OK;
- Some feelings help learning and some feelings get in the way of learning;
- We need to help children to:
  - be aware of their feelings;
  - name their feelings;
  - set boundaries for their behaviour;
  - calm down.





**Be healthy**  
**Stay safe**  
**Make a contribution**  
**Enjoy and achieve**  
**Economic well-being**



**Shocking toll of children expelled for taking drugs!**

**Drunk driver age 14 runs riot in court!**

**Pupil allowed to wear stab proof vest to school**

**Charity reports sharp increase in suicidal children**



**Happy and successful**



# How are we feeling

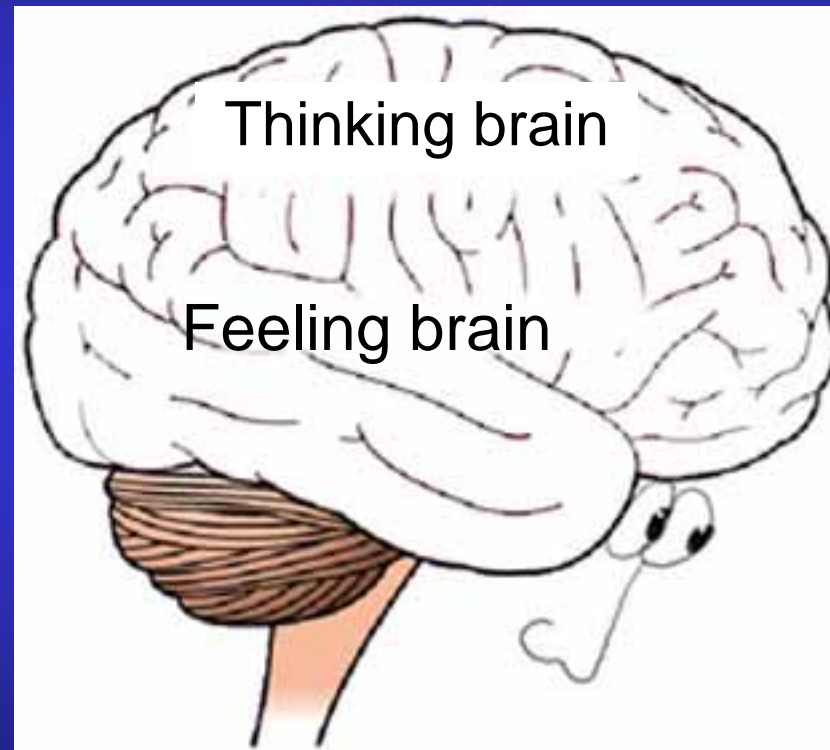


# FEELINGS DETECTIVE

## UNDERSTANDING MY FEELINGS



# Overwhelmed by emotions 1







Stop,  
think!



How can  
you calm  
down?



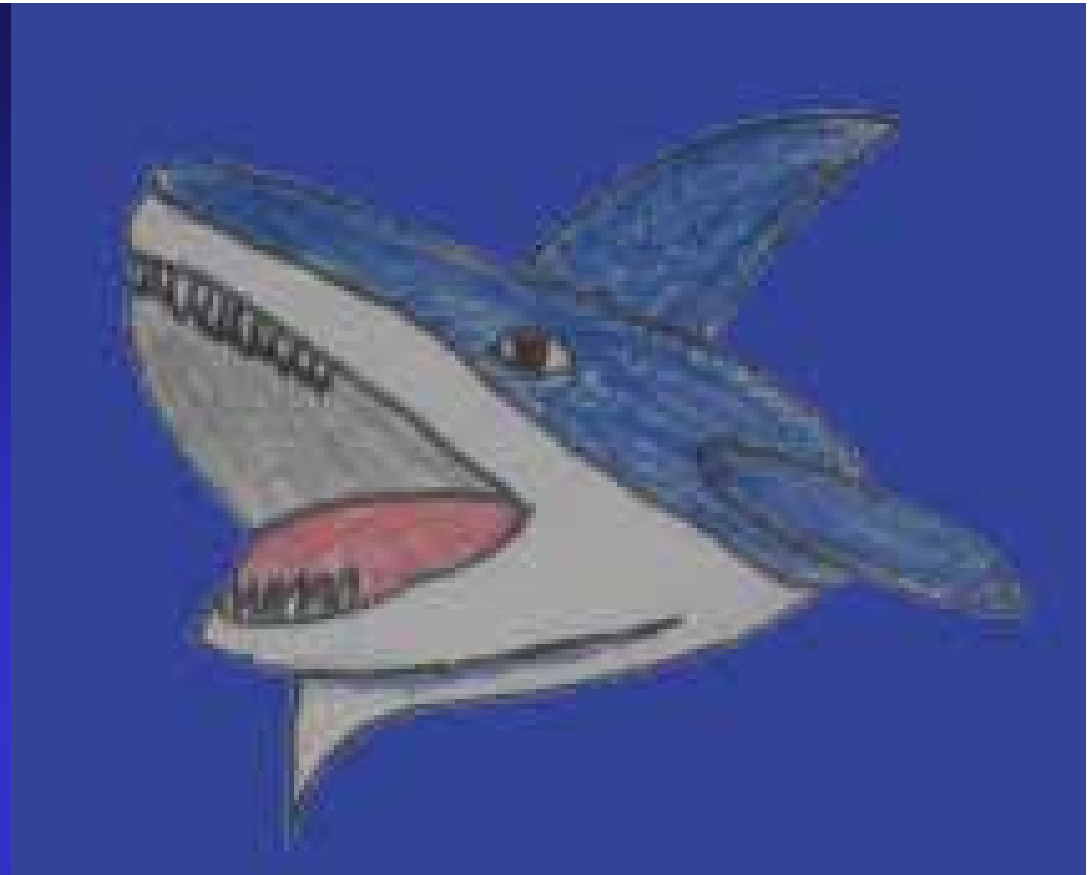


**Peter and Frankie**



**Samantha and Naomi**

- Remember:
- Parents get lots of second
- chances....





It can be tough!

# Recap on key ideas

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- We need to help children to:
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# Ideas to try out



- • ask your child how he or she is feeling and help them to tell you;
- • look at books with your child and talk about how the characters are feeling;
- • use the relaxation or hand massage with your child;
- • try to use the consequence they talked about in the activity.



## Feelings Fridge Magnet