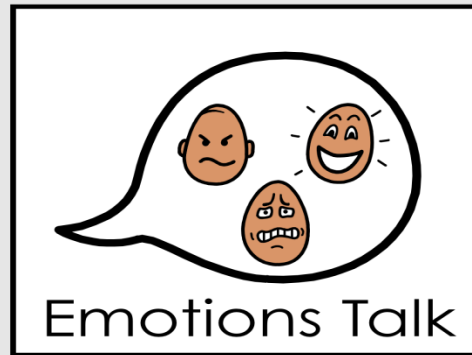


# Talking to Learn Pack Chat Board Book



## Chat Board Book

# What is Emotion Talks?

**A visual resource tool which**

- supports children to recognise and communicate their emotions
- provides a framework for parents/carers and other professionals in identifying and responding to children's emotional needs.

# What is the Emotion Talks Framework used for?

- A communication tool
- Creates a common emotional language
- Helps us listen to children
- Builds better relationships
- Empowers the child
- Supports parents in understanding behaviour
- Develops skills to problem solve
- Encourages self awareness and awareness of others

# How is Emotion Talks being used?

- By teachers and other school staff to help deliver literacy and wellbeing experiences/outcomes for all children as part of whole school approaches to promoting Emotional Literacy and Positive Behaviour.
- By ASL teachers and education support staff working with particular pupils or groups in programmes aimed at improving communication, and emotional/social/behavioural outcomes.
- By Speech and Language Therapists to develop emotional vocabulary and other emotional language skills and understandings.

# Talking to Learn Pack

what happened?



triggers

how did it feel in  
my body?



body sensations

emotion word



what I did to  
show it



behaviour

feel better?



regulation

# DIY SHEETS

what happened?



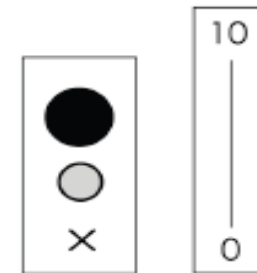
cause / trigger

how it feels in my body



body sensations

how strong?



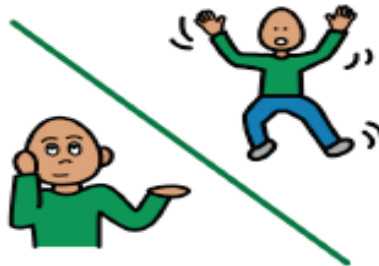
emotion intensity

emotion word / name



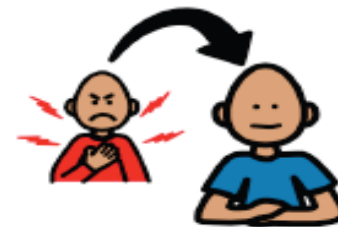
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how to show it



emotional behaviour

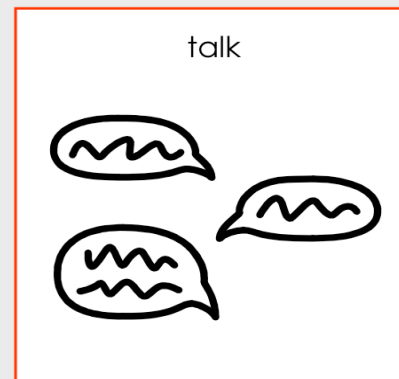
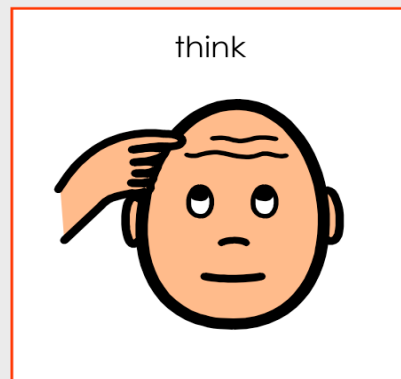
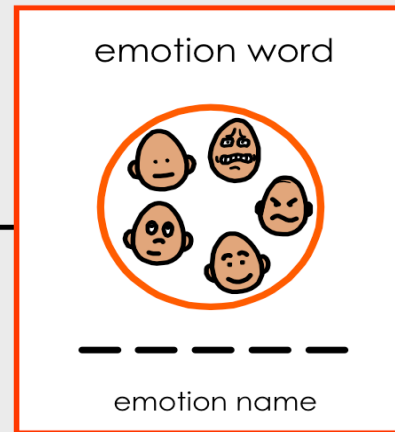
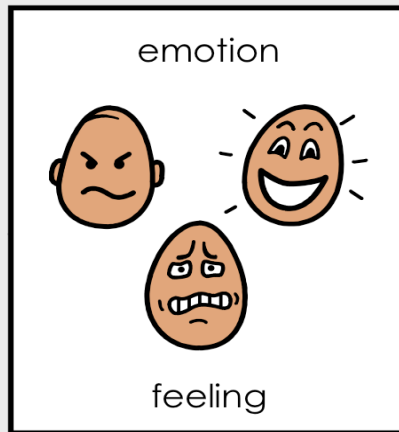
how to feel better



emotion regulation

# Emotions

It's helpful to learn the words for different emotions so that you can think and talk about them. Which emotion words do you know already?



# Examples of Emotions

nice feeling



not nice feeling



delighted  
overjoyed



happy  
pleased



just ok fine



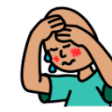
sad  
upset  
unhappy



disappointed  
hurt



upset  
distressed



depressed  
miserable



relaxed  
chilled



calm



just ok fine



annoyed  
grumpy



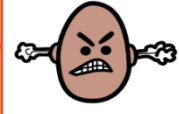
frustrated  
irritated



angry  
mad  
cross



furious



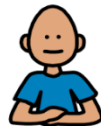
safe  
secure



relieved



just ok fine



uneasy  
wary  
unsure



worried  
nervous



scared  
afraid  
frightened



terrified  
petrified





# 'In the moment': Developing emotion vocabulary

excited



I can see you're **excited**.

scared frightened



You look **frightened**.

happy



I think you're **happy**.

angry mad cross



This feeling is **angry**.

# Modelling emotional vocabulary.

“Did the noise frighten you?”

“You’re sad because it’s time to stop.”

“Your heart is beating really fast. I think you’re angry.”

“I can see you’re scared. Your hands and legs are shaking like this.” (demonstrate)

“I can tell you’re excited. You’re doing this.” (copy face and actions)

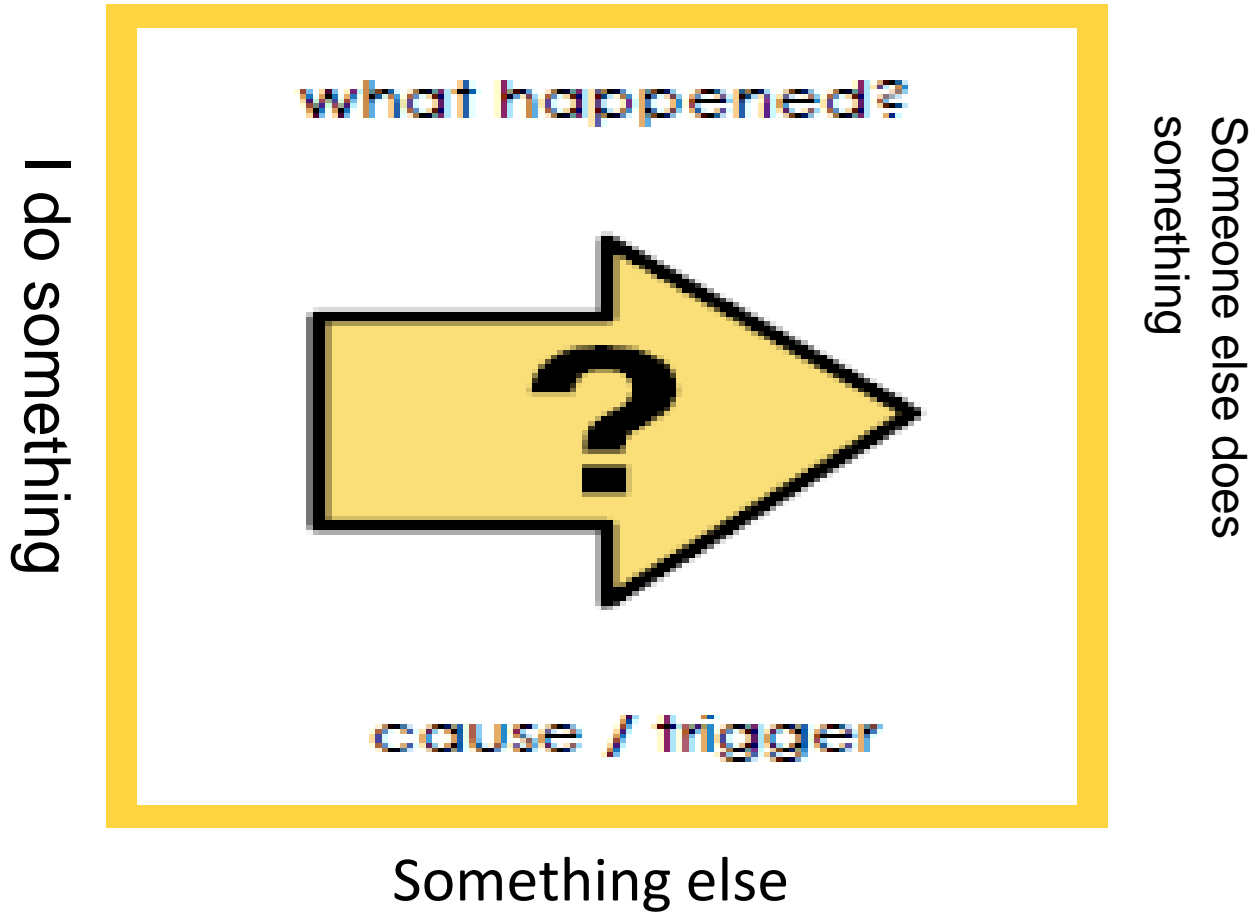
“That’s a big smile. Are you happy?”

“You screamed when Liz jumped out of the cupboard. It was scary.”

“You look sad. Let’s read your favourite book.”

“You don’t like that. It’s making you cross. Ask him to stop doing it.”

# Triggers



# Examples of Triggers

<p>a friend gives you a gift</p>  <p>you give your friend a gift</p>	<p>you swear at your teacher</p>  <p>your uncle swears at you</p>	<p>a smoke alarm goes off</p> 	<p>you cheat in a game</p>  <p>your brother cheats</p>	<p>you tell good news</p>  <p>you get a compliment</p>
<p>you think about your favourite sweet</p> 	<p>your dad tells you off</p> 	<p>it starts to rain</p> 	<p>someone kicks you</p>  <p>you kick your classmate</p>	<p>you think about going home</p> 
<p>you make a mistake</p> 	<p>you win a race</p> 	<p>you remember a sad thing</p> 	<p>you spill your drink</p>  <p>your friend spills water on your painting</p>	<p>you hold and stroke a cat</p> 



How would it make you feel?



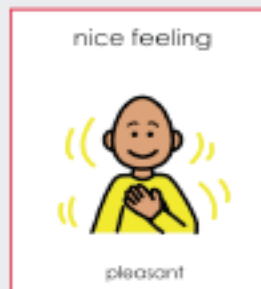
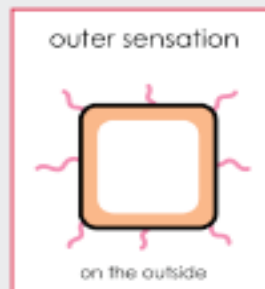
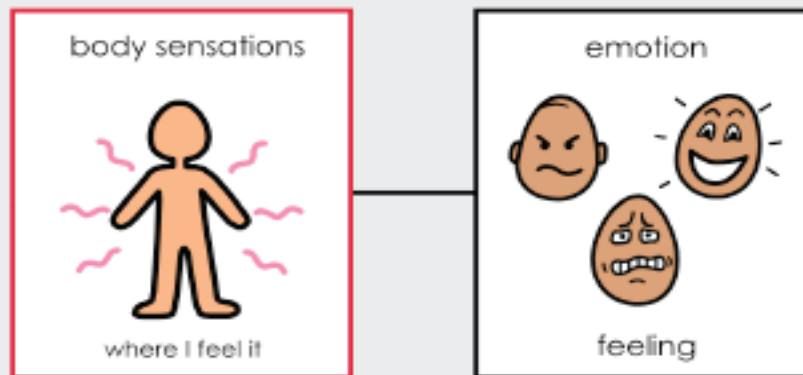
Which type of trigger is each situation?

# Discuss























- What are your triggers? What makes you feel happy and content?
- What makes you feel anxious/angry/scared?
- What challenges do you face in addressing these triggers?

# Body Sensations

When you feel an emotion you notice 'sensations' in your body. Talk about different emotion sensations and how they feel.

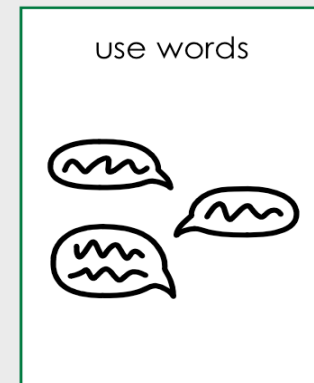
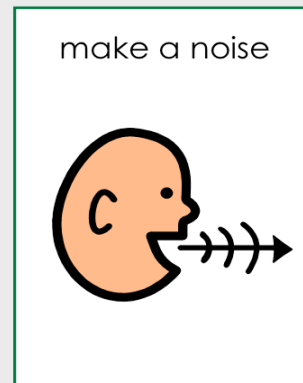
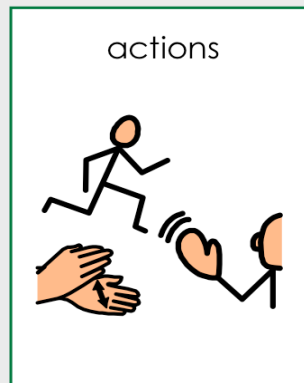
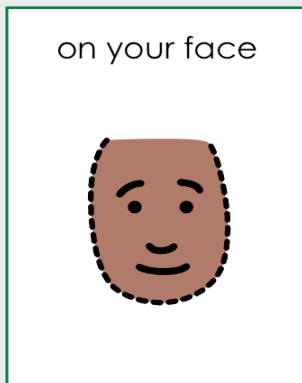
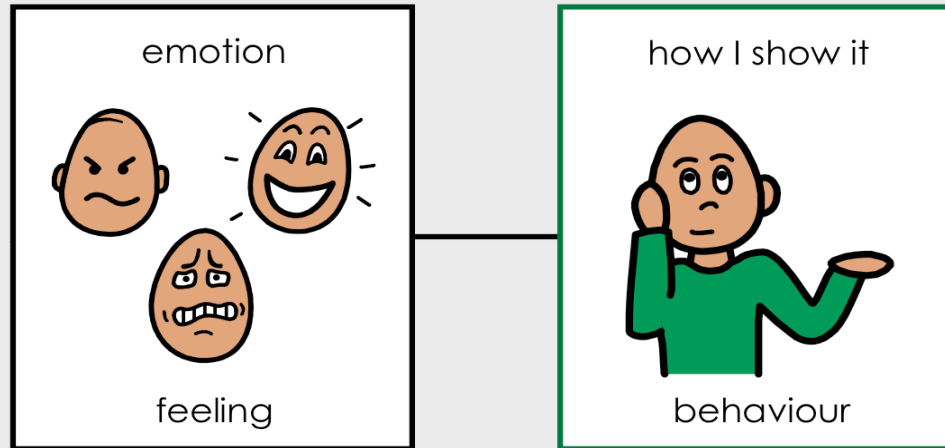


# Examples of Body Sensations

<p>body sensations</p> 	<p>breathing</p>  <p>shortness shallow fast breathless</p>	<p>mouth</p>  <p>dry watery clench teeth grind chattering</p>	<p>eyes</p>  <p>stingy watery want to cry blinking</p>	<p>head</p>  <p>head ache can't think blank</p>	<p>dizzy giddy</p>  <p>light headed faint</p>	<p>hands</p>  <p>sweaty palms shaky fidget</p>
<p>nice feeling</p>  <p>pleasant</p>	<p>hot/sweaty</p>  <p>flushed cheeks blushing</p>	<p>cold shivers</p>  <p>chill</p>	<p>heart pulse</p>  <p>racing thumping heavy heart</p>	<p>throat neck</p>  <p>lump dry hairs stand up</p>	<p>shoulders</p>  <p>tense tight achy</p>	<p>chest</p>  <p>light pain heavy winded</p>
<p>not nice feeling</p>  <p>unpleasant</p>	<p>shakes shaky</p>  <p>trembling</p>	<p>tummy stomach</p>  <p>butterflies sick sinking churning knot</p>	<p>legs</p>  <p>weak at the knees jelly</p>	<p>need the toilet</p> 	<p>emotion word</p>  <p>eg. an excited feeling in my tummy / an angry feeling in my chest</p>	<p>don't know</p>  <p>no symbol</p>  <p>it's something else</p>

**More words:** lovely comfortable tingling explode freeze twitchy throbbing buzzing dull  
prickly numb queasy sore nauseous strange funny weird uncomfortable

# How I show It/ Behaviour



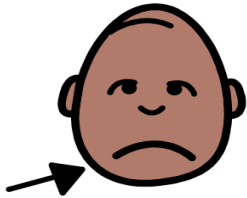


# Examples of Behaviour

smile smiling



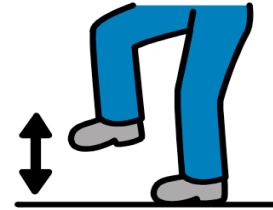
frown frowning



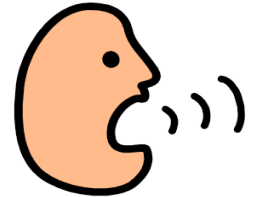
run away running



stamp feet stamping



shout shouting



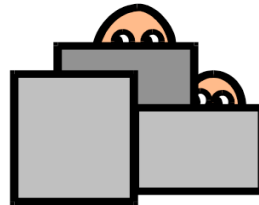
laugh laughing



cry crying



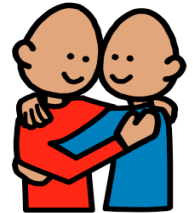
hide hiding



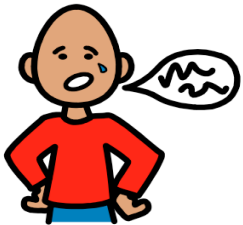
fidget fidgeting



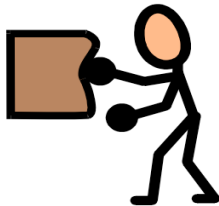
hug hugging



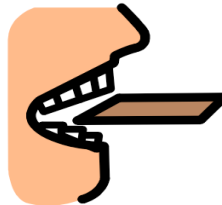
whine whining



hit hitting



bite biting



kick kicking

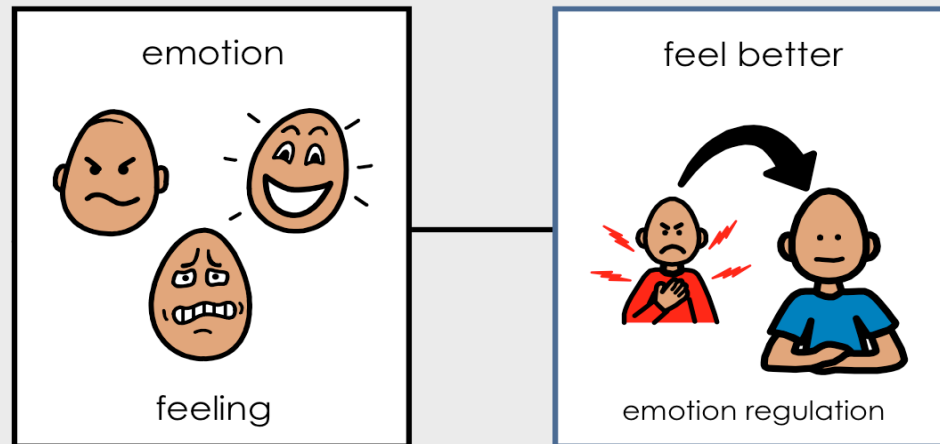


use words talking



# Feel Better

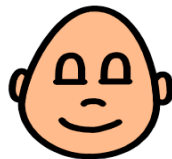
When emotions are strong and uncomfortable it doesn't feel nice. It is helpful to learn things you can do to make yourself feel better. You might do something yourself or someone else can help. Talk about things that make you feel calm or safe, and things that cheer you up.



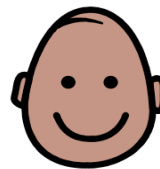
things that help  
me calm down



things that help  
me feel safe



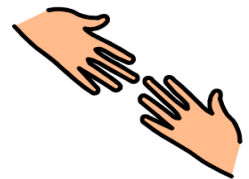
things that help  
me cheer up



things I can do  
by myself

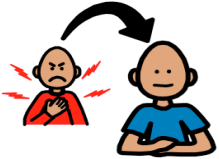


things I can do  
with help



# Examples for Feel Better

feel better



now



things I can do  
by myself



things I can do  
with help



breathe



smile



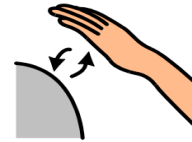
stretch



rub eyes/face

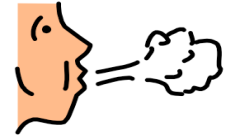


pat



face, hands, arms....

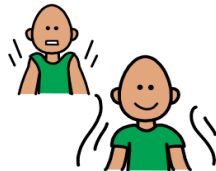
blow



close eyes



tense and relax



fold arms



sit on hands



squeeze hands



hum or sing



think of  
something I like



count  
in my head



stay close to  
someone



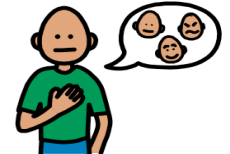
cuddle



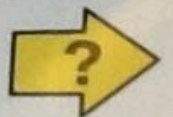





ask for help



say how I feel



7<sup>th</sup> March

emotion trigger 	body sensations 	how strong? 	emotion name 	how I show it 	feel better 
--	--	--	---	--	--

It's Leopard's birthday

funny tummy

excited

Smiling

find his friends

he couldn't find his friends

empty tummy

sad left out lonely

sad face mouth down

When they all appeared and said 'Happy B'day'

C. When I got 2 lego star wars sets I didn't have

very excited 5

Smiling thanking my Nana

When I built them

O. When I passed my dancing exam

I froze I felt exhausted

very excited

Smiling I told the class

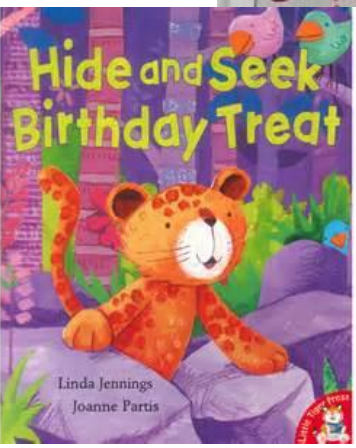
nothing

S. When it's holidays

a little bit excited 3-4

banging my head off the wall

go for a sleep



Emotions

Juricks n n gya

Cross  
intated  
destructive

rage mad

Triggers

internet is not  
working  
you lose a video  
game

if you break a toy  
by accident

if you hurt yourself



behaviors

you would stomp  
your feet loud

you sometimes would  
shout at your self

Whine on your bed  
your face goes really  
frowney

you might sometimes  
swear.

Feel Better  
cuddle a adult

Play on ~ iPad all day  
take about 3 deep  
breathes

Say your sorry and  
make up

Count to ten in your head  
tell yourself its OK

ASK your friend for help



links to articles

[www.parent.co/how-to-strengthen-your-childs-emotional-intelligence.](http://www.parent.co/how-to-strengthen-your-childs-emotional-intelligence)