

# EMOTIONAL REGULATION & CHECK IN ACTIVITIES



We know children engage well with the story of 'Brave' enjoying the adventurous nature of the story line whilst also feeling empathy for Bella and Jenny.

We have written 'Brave' with the involvement of children, parents, carers, education staff and anti-exploitation professionals who have helped us design the accompanying resources and guidance. We know that a few children may need a little bit of reflection and check in time after engaging with what might be a sensitive subject for them, so we've suggested some activities for the trusted adult to use if needed.

The activities are split into two categories:

1. Check In - The aim of these activities are so the trusted adult can check in with the children about how they are feeling
2. Emotional Regulation - The aim of these activities are to help the children come back into an emotional state where they are more able to engage with learning and social interactions, should they need to.

## CHECK IN:

### Emoji Emotions

Using emoji images, ask the child to point to those that show how they feel. This activity can be used throughout as a way to check in as the story develops or at the end to explore the child's final emotions.

### Funny Faces

Ask the child to create the facial expression which demonstrates how they feel and try to guess what it is. You can demonstrate extremes with them so they understand the concept and also bring a little laughter depending on how creative your acting skills are!



# EMOTIONAL REGULATION:

These activities are best used when children are in a high energy state e.g. anxious, excited, hyperactive, annoyed or angry. The activities aim to slow them down and try to relax them.

## Scenic Stroll

Take a walk together to benefit from moving and enjoy the change of scenery.

## Spying Eyes

Ask the child to take a minute to look around the room and count everything that is blue. They can do this with any colours or items such as pencils, ceiling tiles, chair legs etc.

## Sense Spotting

Ask the child to take a moment to notice;

4 things they can see  
3 things they can hear  
2 things they can touch  
1 thing they can smell

Ask them to say the name of each thing they have noticed.

