


Wellbeing Wednesday

7th February 2024



 WholeHearted School Counseling

Dear parents/ carers,

You've made it through January! For some of us, it may have felt like it's lasted for about three years as opposed to 31 days but we're here in a shiny new month.

The theme for this month's wellbeing snippet, is *anger*. For lots of children (and adults) anger often appears as the surface level feeling that bubbles over and out, but when unpicked there are many other root emotions that *can* cause the angry outburst.

It's so important for us to work with the children in understanding all the different types of emotions that we can experience day-to-day and unpick what these look and feel like and let the children know that *it is OK to feel this way*.

A great resource that we use in school to recognise emotions - emotion flashcards

Amazon: The Mood Cards: Make Sense of Your Moods and Emotions for Clarity

