

MINI CASE STUDY

TEACHING AWARENESS OF EMOTIONS AND FEELINGS

At Childhaven Nursery School, we pride ourselves on the work we do with all of our children regarding feelings and wellbeing.

Recently we have been looking at a colour book that highlights feelings in colours. The book we used is called The Colour Monster by Anna Llenas. This then led to us making feelings stones with the children.

After reading the book, the children have given great thought to how they feel and why. We have spoken and discussed these feelings and have taught a lot about being calm, kind, and sensitive to each other's problems.

We are nurturing self-regulation by using talk and reading books together. The language used by the children is rich and can emphasise feelings. For example:

"Mrs Pearson
has a calm
bell, it dings
and it's a
nice sound."

"The dark
scares me... it
is black and
night."

"I'm grumpy
because I want
my Mummy."

Through our exploration and discussion of emotions, we find that children can gain confidence and accept challenge. They notice when others are upset and can label emotions, such as happy and sad.



what does evidence say?

According to the Education Endowment Foundation (EEF) evidence store, there have been impact studies conducted which show the benefit of teaching children to label emotions with specific words, recognise facial expressions and link events with their emotional consequences. (Izard et al., 2004; Izard et al., 2008; LaForge et al., 2008; Deitcher et al., 2020; Ogren and Sandhofer, 2022).

The evidence goes on to suggest that focusing on emotions in early years settings may particularly benefit those who experience more stress or less support at home. (Finlon et al., 2015; Johnson et al., 2013).

Some studies have demonstrated that interventions can improve emotion understanding and articulation of feelings for children as young as two years old. (Ornaghi et al., 2017; Grazzani et al., 2016).

It is therefore recommended to teach awareness of emotions and feelings with all age groups in the early years.

THINK ABOUT THE WORDS AND
METHODS YOU USE IN YOUR
SETTING TO CELEBRATE OUR
RANGE OF FEELINGS.

MODEL SUITABLE, RICH AND
EXCITING LANGUAGE.



References : EEF evidence store:

[https://d2tic4wvo1iusb.cloudfront.net/production/documents/EY Teaching Awareness of Emotions and Feelings Technical Summary.pdf](https://d2tic4wvo1iusb.cloudfront.net/production/documents/EY_Teaching_Awareness_of_Emotions_and_Feelings_Technical_Summary.pdf)



THANK YOU FOR READING.

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