

# GROW



## Managing Emotions



## Teacher Guide



# Introduction

**This is the first workshop in Grow, a series of 3 workshops designed for KS2 children to grow their resilience. This session looks at how emotions affect us and why we might feel them, as well as different strategies to help us manage some of the more challenging emotions.**

This video is 25 minutes long, with opportunities to pause the video and complete activities. This session is designed to be very practical and hands on. Please read the section on how to prepare for this session below.

**Link to the workshop video: [https://youtu.be/cfdkmS\\_Qkmo](https://youtu.be/cfdkmS_Qkmo)**

## Prep for session

Please make sure you have printed the booklet for each child (pages 5 & 6) as well as the bonus sheets in this pack (pages 7-10). Please also make sure that each child has a pen or pencil, and access to colouring pencils.

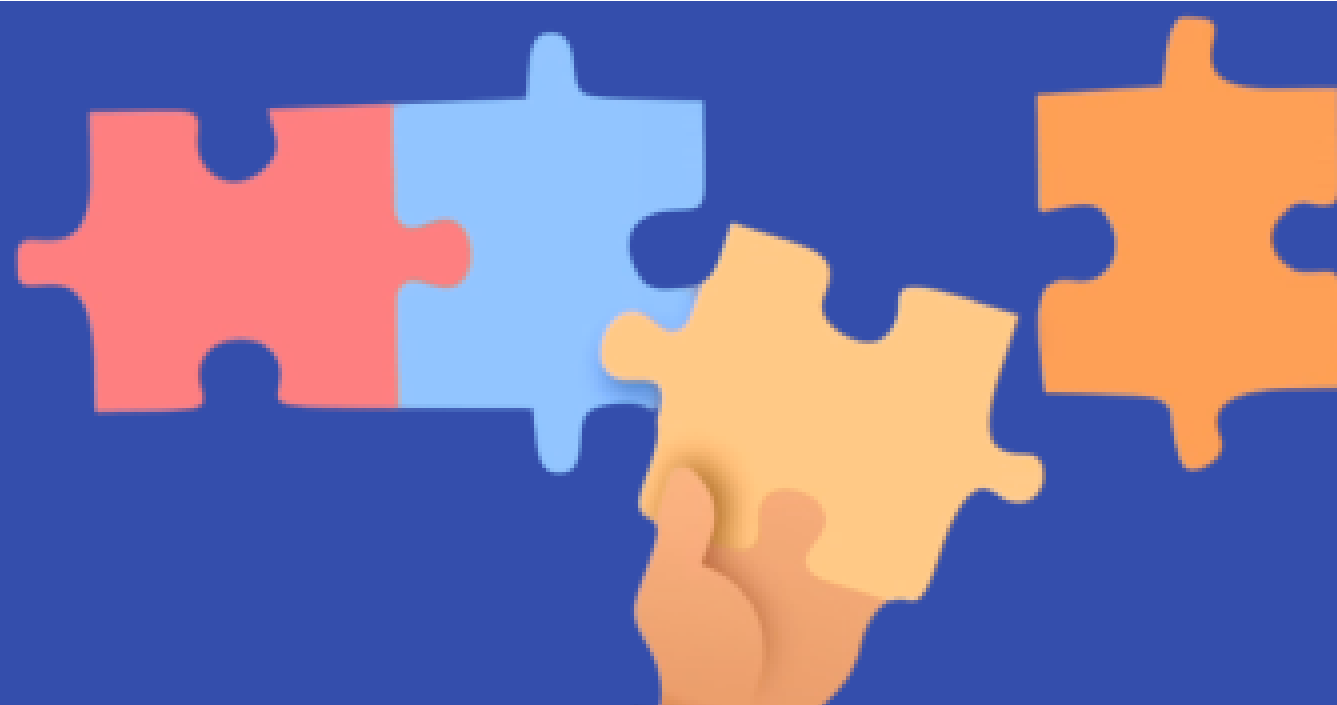
The second activity in this workshop is designed to help children think about practical ways to manage the emotions of anger, worry and sadness. On the video we will talk through lots of different tools and strategies they can use, and as we are showing them or explaining them, we would love children to be able to give as many of them as possible a go!

If you are able to get hold of any (not necessarily all) of the following items that would be great:

***Cushion  
Scrap paper  
Stress ball  
Putty  
Plasticine  
Teddy or soft toy***

***Stones or pebbles  
Buttons or beads  
Blue-tac  
Glitter jar  
Lava lamp  
Pin wheel***

These items can be distributed on tables or passed around the class, depending on social distancing restrictions. Please add anything else you might use with children to help manage these anger, sadness or worry.



# Resilience Challenge

At the beginning of the workshop is a clip of Hannah practicing a squat. The children can stand and try this too, seeing if they can hold the squat for as long as Hannah. Encourage them to keep going and not give up, and to go back to it if they need to stand for a second.

## Activity 1: Emotion Sorting

In their workbooks, children can use 4 different colours to label the 4 emotions – happy, sad, worried, angry. Then, using one colour at a time, they can colour any of the boxes might be things that happen when they feel that emotion. Encourage them not to colour the whole box at first, because they might want to colour some boxes more than one colour. Children can work in pairs or with the people on their table. Feel free to discuss the answers as a class before playing the video to reveal the answers.

It's worth noting that there are not right and wrong answers, so they don't need to worry if their answers are slightly different to those on the video.

## Activity 2: Managing Emotions

Starting with anger, we will show and discuss different strategies that might be helpful for managing anger. If we were able to be in the classroom we would offer as many opportunities as possible for children to interact and try these strategies out (e.g. squeeze a cushion, scribble on scrap paper etc.) Any resources that you do have available can be divided up onto different tables for children to have a go with. You can also print a copy of the sheets available in this pack (pages 7-10) for each child. Please feel free to pause the video as much as you want to give them an opportunity to try something, discuss or offer other suggestions.

After working through each emotion, pause the video so children can circle 2 or 3 strategies in their booklet. Encourage them not to just circle all of them but to really think about ones that are realistic and would help them to manage that emotion in a positive way. They can add any in that they use that have not been mentioned.

When they are thinking about sadness, there is space at the bottom of the last page for them to think about people they can talk to, things that make them happy and things they are thankful for. You can pause the video at the appropriate time for them to complete this, or they can do it once the sadness section is finished.





PROMOTE | PREVENT | SUPPORT

**We hope that you enjoyed this workshop,  
and found it useful and accessible. We look  
forward to seeing you soon!!**

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MY SADNESS TOOLBOX

Circle 2 or 3 things to add to your sadness toolkit. Add anything else you can think of.



Colouring

Teddy or blanket

Drawing

Something that reminds me of happy memories

Breathing around shapes

Talking to someone

Writing how I'm feeling

Being thankful

2 people I can talk to about my emotions are:

3 thing that make me feel happy are:

3 things I am thankful for are:

GROW:  
EMOTIONS

NAME \_\_\_\_\_

Emotions:

Pick a different colour for each emotion. Then colour the boxes to show the things that might happen in your body when you feel each one.

HAPPY ☐

SAD ☐

ANGRY ☐

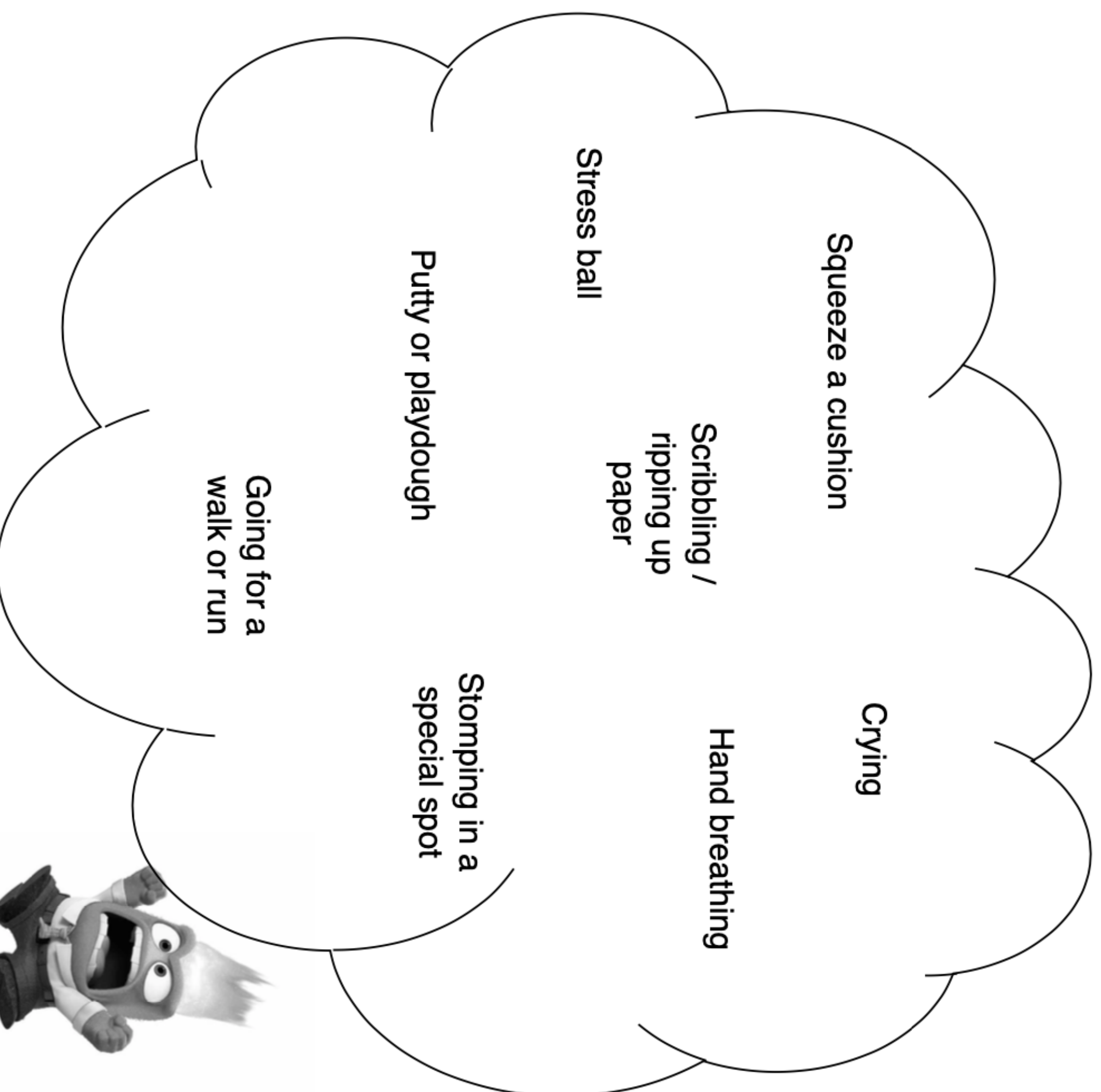
WORRIED ☐

Muscles are relaxed	Clench fists	Breathing quicker	Cry
Lump in your throat	Smiling	Feel sick	Feel restless (can't sit still)
Shoulders drooped	Muscles are tense	Lack of energy	Normal breathing
Heart beats faster	Clench jaw or teeth	Sweaty or clammy	Butterflies in your tummy
Adrenaline pumping round body	Face gets red or hot	Hands or legs shake	Frown

What can we do when we feel each of these emotions?

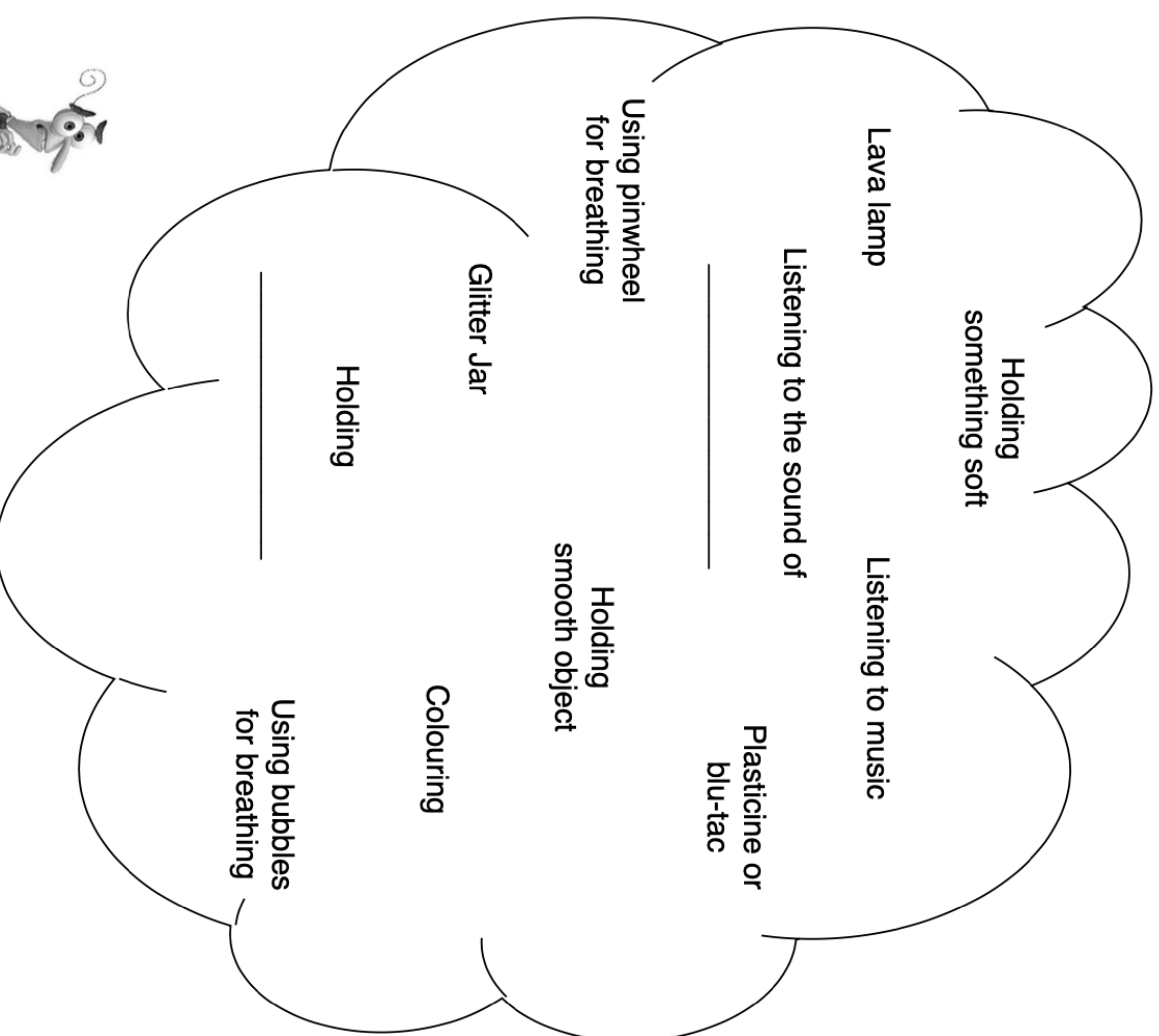
## MY ANGER TOOLBOX

Circle 2 or 3 for each emotion to add to your tool kit. Add anything else you can think of.



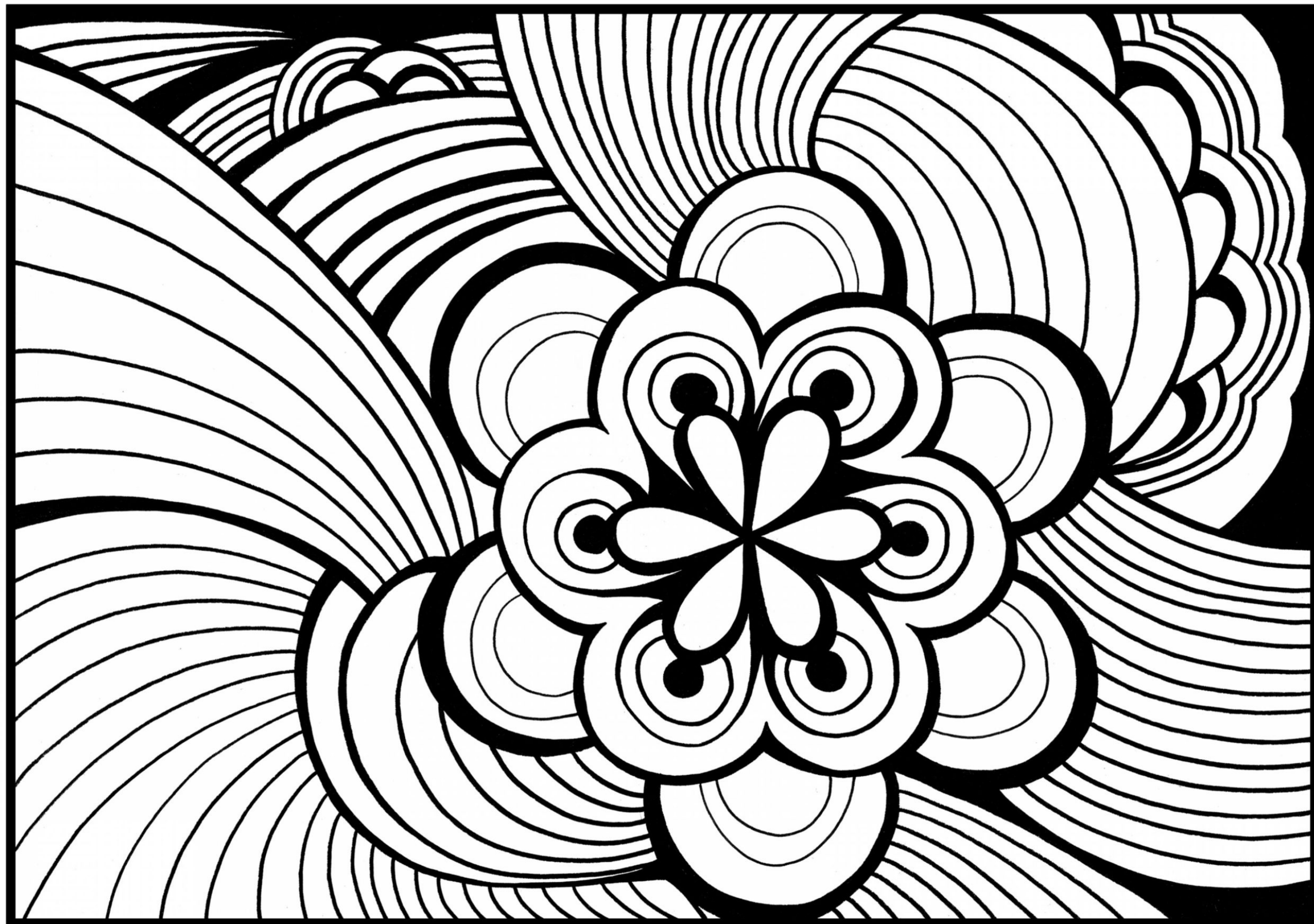
## MY WORRY TOOLBOX

Circle 2 or 3 for each emotion to add to your tool kit. Add anything else you can think of.





# Colouring Sheet



# Breathing Sheet

Trace your finger along each shape and follow the instructions to breathe in and out





HERE SOME WORDS TO  
HELP YOU FILL THIS IN

SAD

FRUSTRATED

CONFUSED

ANGRY

SCARED

NERVOUS

IRRITATED

LONELY

STRESSED

# Feeling Letter

Dear \_\_\_\_\_

I have been feeling \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have been feeling this way because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have also been feeling \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

To help me feel better I think it might help if \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From \_\_\_\_\_

# Pin Wheel

## Instructions

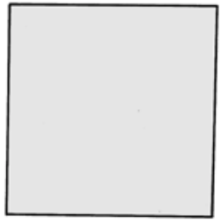
### You will need:

A patterned or plain piece of paper (you can decorate it beforehand)

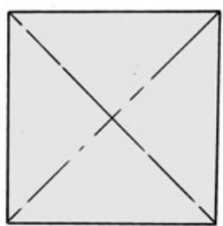
Scissors

A drawing pin

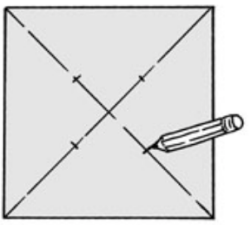
A pencil with a rubber at the top



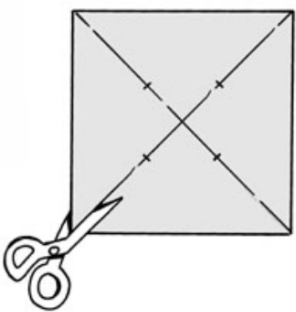
1) Start with a square piece of paper



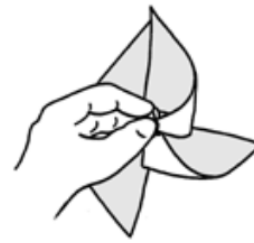
2) Fold your piece of paper in half so the fold goes from corner to opposite corner. Then unfold and fold again to create a line from the other 2 corners



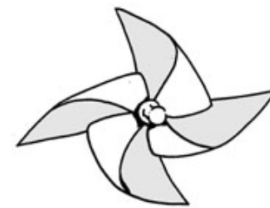
3) Make a pencil mark 1/3 of the way along each fold



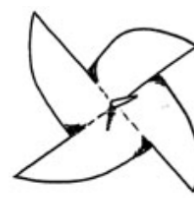
4) Cut along the folded lines only up until the mark



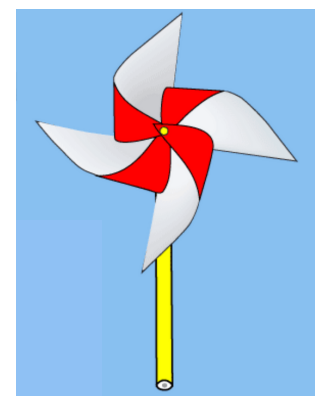
5) You should have 8 points. Fold every other point into the centre, curling them slightly but not folding them! You may need an adult to help you here as this can be tricky.



6) Place a drawing pin through all 4 points.



7) Turn the wheel over and punch the pin through the back, making sure it is in the middle, where the lines cross.



8) The push the pin into the rubber on the top of your pencil. Don't press it in too much - you want a little gap between the wheel and the rubber

There you have a pinwheel!

### You will need:

A jar or clear plastic bottle

Hot water

Glitter glue

Loose glitter

Food colouring (optional)

Buttons, beads, sequins etc. (optional)

# Glitter Jar

## Instructions

1) Fill half of your jar or bottle with warm water

2) Add the glitter glue and stir until it is dissolved

3) Add any food colouring or loose glitter you want in there. You could even add things like buttons, sequins or small beads

4) Put the lid back on tightly. You may want to sellotape or use a glue gun to make sure the lid is secure

