



# Working Virtually Understanding Emotions – Year 4



Belonging Contribution Being Someone Sharing Ordinary Places Choice and Control

## What did we do?

- Stayed in touch with the child and completed emotion-focused activities via video calls, firstly at home and then school.
- Created a 'mood scale' to support the child to indicate their emotions and what support they may need.
- Ensured the young person had a key adult to continue the work we had started.



*"Having the tools that you have shown us has really been beneficial"*

## What was the outcome for the young person?

- Experienced fun and creative ways for learning about emotions and how to express these in a safe way.
- They had a plan and felt supported by the new adults in their life to be able to move forward with some small next steps.



*"The mood meter is helpful"*



*"The resources were really helpful... to show how to support (him)"*

For more information about how we work please contact: [IF@suffolk.gov.uk](mailto:IF@suffolk.gov.uk)

