

EMOTION CHECK IN IDEAS

Why? Our feelings influence how we think, behave and interact with others. Regular emotional check-ins support emotional wellbeing by building self-awareness, developing emotional vocabulary, and creating opportunities for children and young people to share how they are feeling.

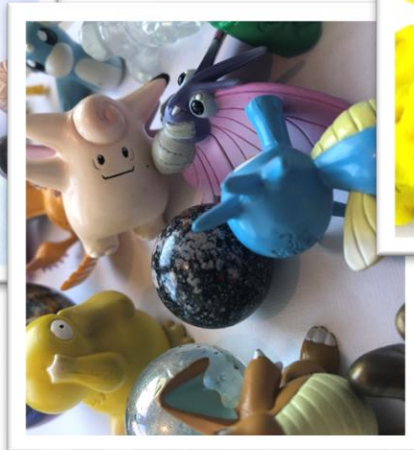
Taking time to notice and identify our emotions helps us understand ourselves better, to recognise what we need, and to communicate our feelings to others.

Below are some examples of emotional check-ins that can be used with children and young people.

Objects, buttons and clay

How to:

1. **Choose or create** an object, e.g., buttons or playdough shapes, that represent how you are feeling today.
2. **Talk about your choice.**
 - "Tell me about what you've chosen."
 - "How does it show how you're feeling?"
3. **Explore together.**
 - "Thank you for sharing that."
 - "What might help you today?"





Activities for Emotional Literacy

Weather Wall

How to:

- 1. Create a weather wall like the example shown,** using different weather symbols (e.g., sunshine, clouds, rain, storms, rainbows) to represent different feelings.
- 2. Choose your weather.**
Place your name, photo, or marker on the weather that best matches how you are feeling today.
 - "What weather have you chosen today?"
 - "Can you tell me a bit about your weather?"
- 3. Explore together.**
 - "What might help your weather today?"
 - "Is there anything you would like support with?"

We can also reflect on how our feelings can change and be a mixture like the weather.



For more information about how we could work with you please contact:
IF@suffolk.gov.uk





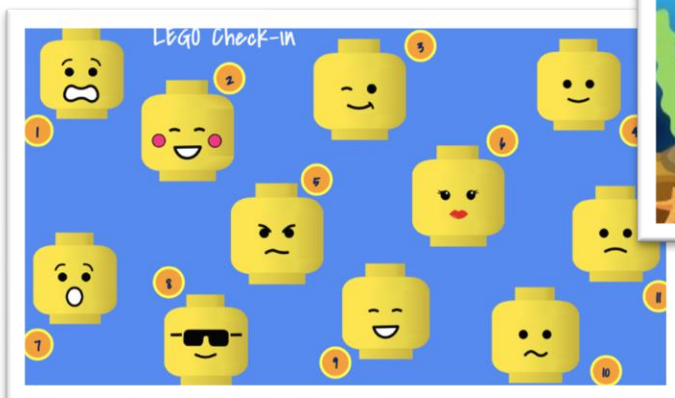
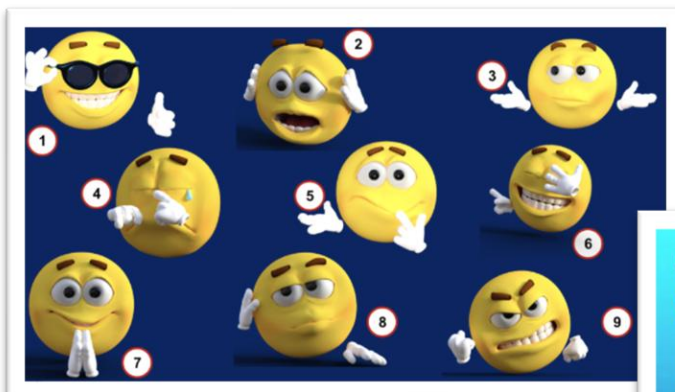
Activities for Emotional Literacy

Visual images

How to:

1. **Provide a selection of visual images** and invite the child or young person to choose the one that best represents how they are feeling today.
2. **Talk about their choice.**
 - "What made you choose this one?"
 - "What does this image tell us about how you're feeling today?"
 - "Can you tell me a bit about it?"
3. **Reflect on their needs and potential next steps.**
 - "What do you need today?"
 - "Is there anything that could help?"
 - "Would you like to share more about it?"

Visual images can help children and young people identify and communicate feelings in a simple, accessible way. Looking at pictures can feel less direct than talking about emotions, making it easier for some children and young people to reflect on and share how they are feeling.



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Choice and Control

Sharing Ordinary Places

Being Someone

Contribution

Belonging



Activities for Emotional Literacy

Scaling

How to:

1. **Share the Blob Tree image** and invite the child or young person to choose the blob that best represents how they are feeling today.
2. **Explore their choice.**
 - "What is it about this blob that feels like you today?"
 - "What might this blob be thinking or feeling?"
 - "Can you tell me a bit more about your choice?"
3. **Scale and consider next steps.**
 - "Which blob would you like to be?"
 - "What would it take to move from this blob to that blob?"
 - "What might help you move one step closer?"



Created by Pip Wilson and Ian Long: [Pip Wilson bhp: BLOB SHOP](http://PipWilsonbhp.BLOBSHOP)

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