



Living our Values – Understanding our Feelings

In November we think about ...

Understanding

"One of the most beautiful qualities of friendship is to understand and to be understood"

Recognising how others feel is a vital tool in helping make and build friendships, and teaching our children how to do this will be a strength they carry with them throughout their lives. The ability to show empathy and understanding comes after children have gone through that experience themselves. So, for example, when you show forgiveness if they have done something wrong, they will learn that it's good to forgive others and to be forgiven.

As parents and carers it's useful for us to remember that children are not born with an understanding of the rules of acceptable behaviour. They have to learn them, and they need adults to help them do this.



Feeling sad

Casey the caterpillar@ explains to our children

"I know that I'm feeling sad because I feel upset and unhappy and I want to cry. Being sad is hard. It makes me feel like my heart is very heavy inside me. Sometimes, if I do cry, I feel a bit better afterwards, but sometimes it doesn't help at all. Sometimes I want to tell people that I feel sad, but sometimes I don't want people to know and I'd rather be on my own".

Feeling sad is normal behaviour. Talking about it usually helps when the child is ready. We can't put everything right, but as parents and carers we can listen and agree that most children would feel that way too.