



Living our Values – Understanding our Feelings

In December we think about ...

Sharing

"Happiness is not so much in having, but in sharing".

Sharing is hard because it isn't something that children often want to do, or feel good about at the time! However it is an important life skill, especially as we all want our children to make friends. Sharing is key to them making and keeping strong friendships.

As parents and carers, modelling to your child how to share, and giving them lots of praise for doing so, will help them develop this Value. Eventually they will start to feel good about sharing. A good way to teach the Value is through playing games and taking turns. That way everyone involved is having to share.



Feeling jealous

Casey the caterpillar© explains to our children

"I know that I'm feeling jealous because I feel angry and scared and sad all at the same time. Being jealous isn't a nice feeling. When I feel jealous I sometimes want to do unkind things to someone or take something they have. Sometimes, I feel so cross that I can't have what they have that I want bad things to happen to them. Then I feel angry with myself for feeling such horrid feelings and thinking such horrid thoughts."

Feeling jealous is normal behaviour. Talking about it usually helps when the child is ready. Giving a present to solve jealousy doesn't help a child to learn how to manage their feelings, and can make more problems later. It is better to agree that most children would feel that way too and it will pass.