



Living our Values – Understanding our Feelings

In October we think about ...

Friendship

"To have a good friend you need to be a good friend".

At school we will be thinking about why friends are so important to us and how we can be a good friend to others. Young children often fall in and out of friendships, sometimes on the same day! This is part of their growing up process and is perfectly normal. Children need to be shown how to manage their own feelings and repair relationships themselves.

A commonly heard difficulty is "They aren't being my friend because they won't play my game!" We help them to try and resolve an argument, or suggest they might try a different game or the other person's game. In this way we show them their worries are heard, that they have choices, and that they can resolve a situation.



Feeling Angry

Casey the caterpillar© explains to our children

"I know that I'm feeling angry because I feel like there's a volcano in my tummy that might explode at any time. Being angry is horrid. Sometimes I feel like I want to hit something or even someone, and that makes me scared because I don't feel in control and I'm worried what I might do. Sometimes, after I've felt angry and got really cross I feel embarrassed at what I've done or said, particularly if I've hurt someone or broken something".

Anger is a difficult feeling for children to manage. When your child is very angry they cannot follow instructions. Tell them you will wait until they have calmed down, and you will talk then.