

Emotional Literacy for children

To develop a whole school initiative, that will allow children to understand their feelings and encourage them to understand how this influences their behaviour and the behaviour of others.

My School

We wanted to tackle low level and extreme behaviour with a non consequence based approach.

We felt that most children did not have the tools to understand and manage their feelings.

Project Mind Map

Mind Map is a charity that offers workshops in schools on mental health and resilience. Casey's Caterpillar Club aims to help the children better understand and communicate their feelings as well as teaching them how to be calm when they feel worried or anxious.

School Development

- New Reward System
- Ready for Learning approach
- Explore links to PHSCE and Values
- Parental engagement
- Consistency across all classes and during lunchtime

Beginning

- All staff agreed that it would be useful for everyone in school.
- Inset training for all staff.
- Time given each week for Caterpillar Club in class.
- Shield of resilience workshop for year four and fed down to the rest of the school.
- Feelings monitored in class constantly through the flower pots.
- Staff Meeting time devoted to monitoring and providing feedback.
- Support weekly from member of the Mind Map Team.

Children

- Ready for learning
- Talking about their feelings without fear
- Time to talk
- Parental support
- Understanding that feelings do pass

Outcomes

- **Simple rules and no mixed messages for children – consistency.**
- **Mental health made a priority.**
- **Children in key stage one loved Casey.**
- **Parents liked the approach with all children particularly those that are more vulnerable**
- **Initially there was an increase in low level behavior**
- **Has encouraged children who may not find it easy to talk about their feelings to express their thoughts.**
- **Key stage 2 children have found shield of resilience very useful particularly on the playground.**
- **Staff can monitor children at a glance with the flower pots.**
- **Catch me cards loved by the children although more rewards need to be developed.**
- **Excellent calming techniques have been used by children without an adult help or prompt.**
- **Key stage 2 children found Casey Caterpillar 'babyish'**

Next Steps

- Reward system extended into a new house system
- A progressive approach from Early years to year four to develop emotional literacy
- Well being policy for children and staff is being developed.
- More training for staff
- Senior teacher role developed to include Well being and emotional literacy for the whole school.