



# PSHE

Mental Health and Wellbeing

Decider skills

Cremyll Spring 2 2024

# I can recognise my emotions

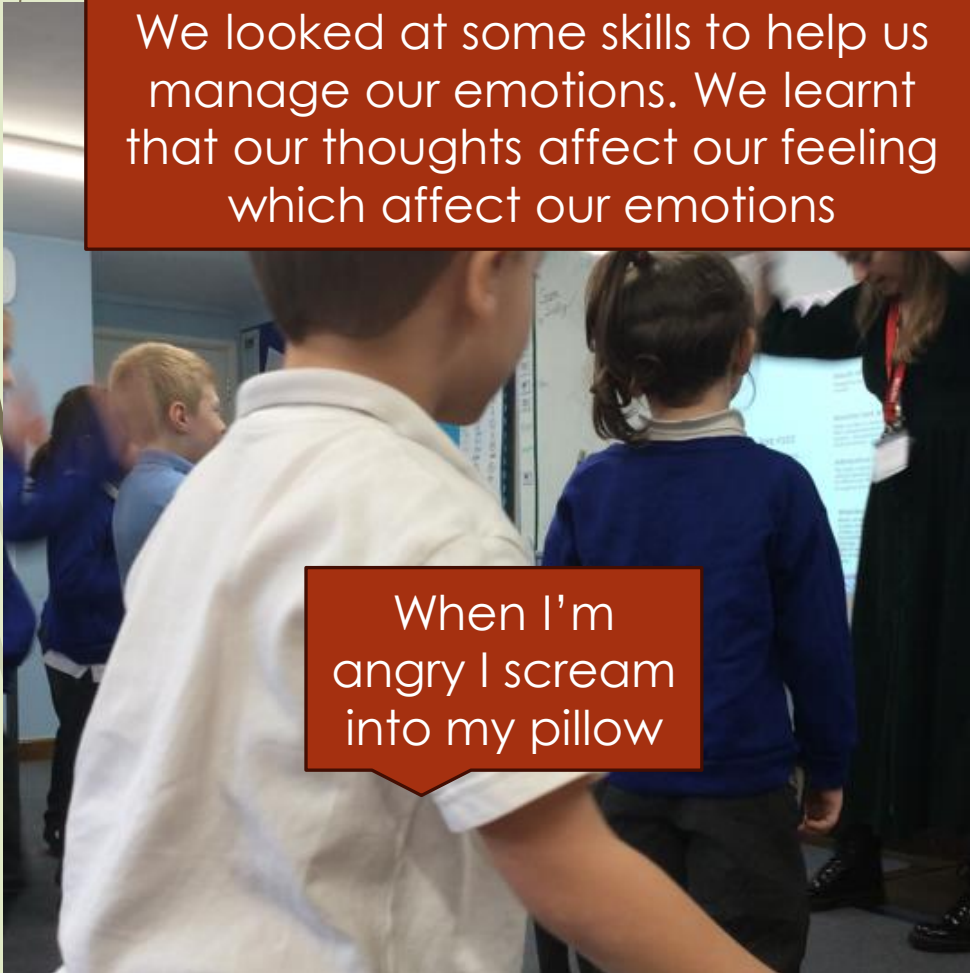
We learnt about our emotions and that different emotions are normal. We looked at some skills to help us manage our emotions. We learnt that our thoughts affect our feeling which affect our emotions

When I'm angry I scream into my pillow

I like the fizz scale rating – zero is calm and ten is angry

Our brains are where we think about mental health

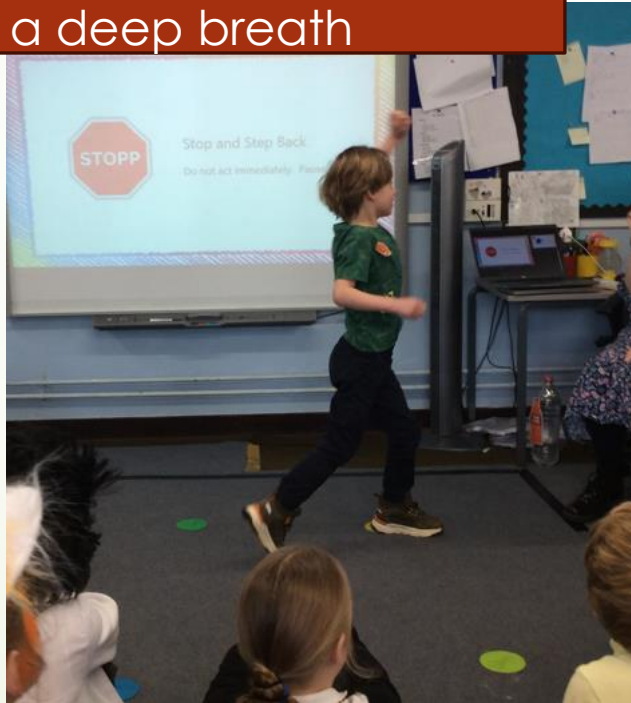
If I'm angry I might stomp my feet



# I can use strategies to manage my emotions

Today we learnt about STOPP which meant we stopped, take a step back, observe what's happening, pull back and practise and proceed. Then we need to take a deep breath

Sometimes it is hard to take a step back



We need to look at the bigger picture





# I can use strategies to manage my emotions

We looked at the new strategy – It will pass – and how it can help change our thoughts and therefore our feelings.

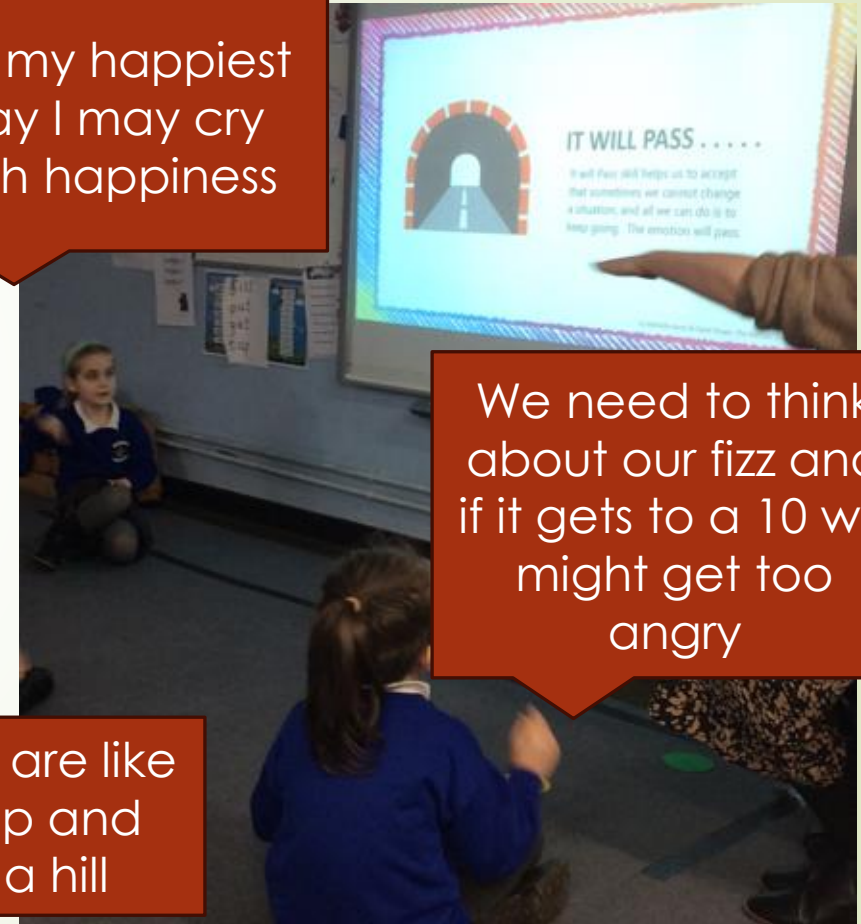
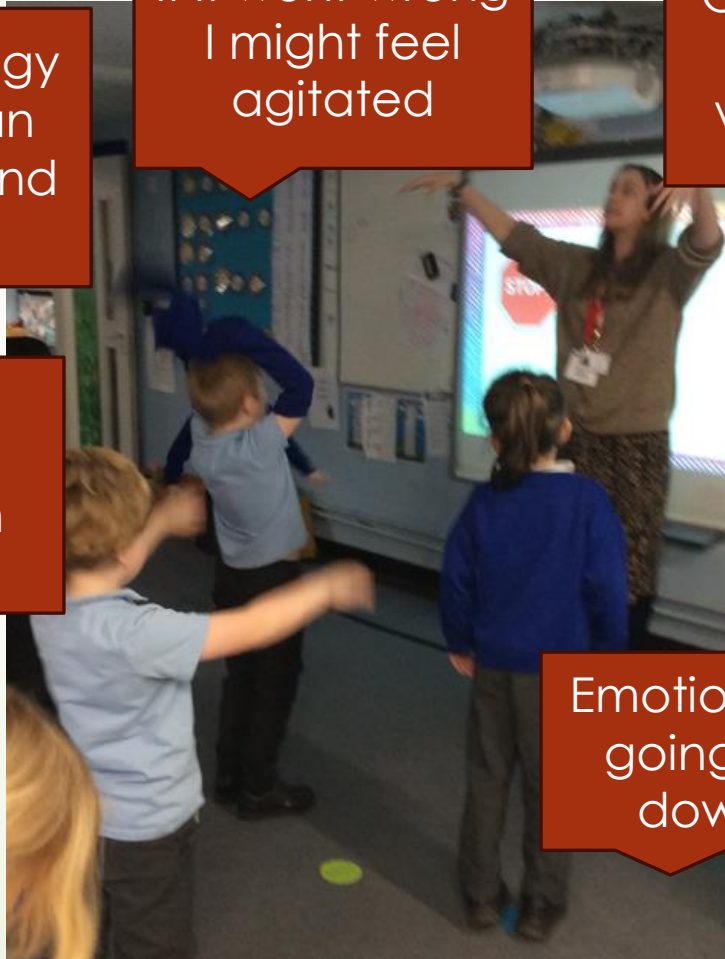
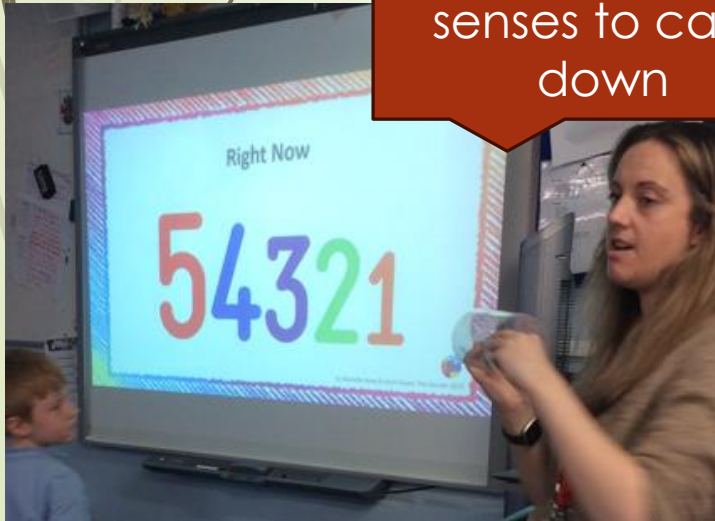
If it went wrong I might feel agitated

On my happiest day I may cry with happiness

We used the 54321 with our senses to calm down

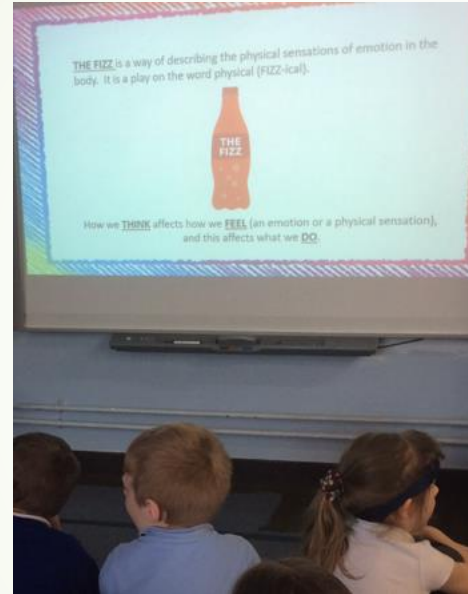
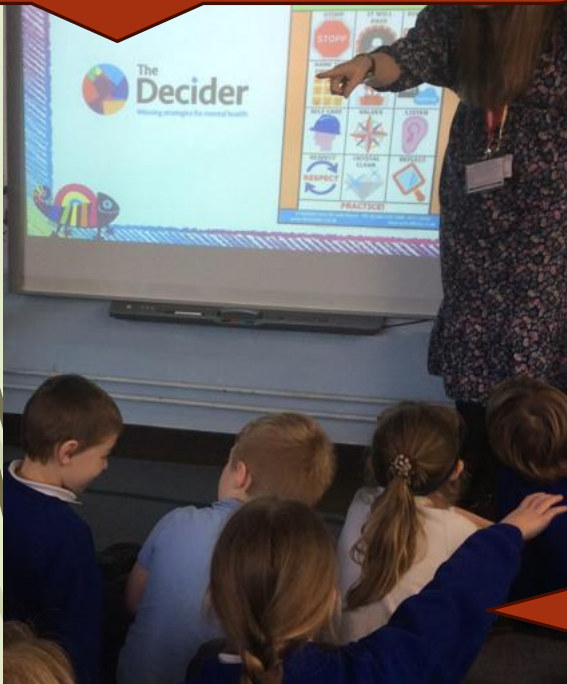
We need to think about our fizz and if it gets to a 10 we might get too angry

Emotions are like going up and down a hill



# I can name my emotions and use strategies to manage them

Sometimes I'm so happy and excited I can't stop, I may need to use strategies then, so I don't get tired



It is normal to get annoyed sometimes, I need to use my breathing to calm down



I know we have lots of emotions and some are easier to manage than others

