

Social, Emotional, and Wellbeing

What you might see:

You might see a child who:

struggles to recognise or name their feelings.

finds it difficult to explain how they are feeling or why.

shows feelings through behaviour rather than words.

finds it difficult to recognise emotions in others.

shows limited empathy following conflict with peers.

struggles to apologise or express remorse.

finds it difficult to calm themselves when upset.

reacts very strongly to situations that may appear small to others.

Understanding Feelings

What you can try:

Reflective question: Before applying the strategies below, consider, 'what might this behaviour be communicating about their social development needs?'

- Carry out emotion check-ins using visual tools to help them recognise and communicate their feelings.
- Practise emotional responses through role play.
- Use social scenarios to practise recognising and responding to emotions.
- Use photographs to help pupils identify emotions and discuss what someone might be feeling.
- Use video clips to explore emotional situations and discuss what may be happening internally.
- Use evidence-based programmes such as Talkabout to develop emotional awareness and emotional literacy skills.
- Use personalised Social Stories to explain emotional experiences.
- Use Comic Strip Conversations to help understand emotional situations and perspectives.
- Provide individual visual supports such as personalised feelings thermometers or emotion scales.
- Use structured approaches such as Brick-by-Brick or Lego Therapy to develop communication and cooperation skills.
- Create regular opportunities during the school day to talk about feelings and build emotional vocabulary.
- Provide small group support led by an ELSA (Emotional Literacy Support Assistant) to help recognise emotions, understand triggers, develop empathy and manage feelings.