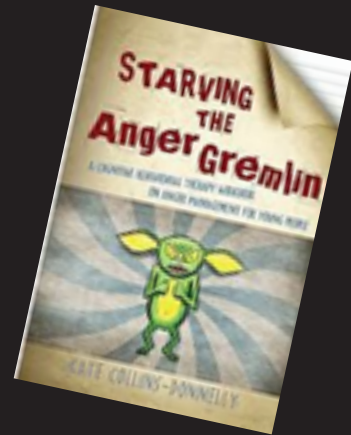
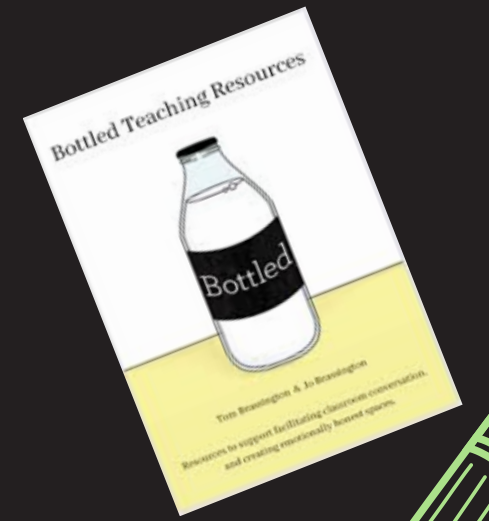




MANAGING EMOTIONS

Managing emotions in children refers to the ability of a child to recognise, understand, and regulate their feelings in a healthy and appropriate way. This process involves several key skills and behaviours

These websites offer valuable advice and practical tips to help children who are experiencing difficulties with friendships, making it easier for them to develop and maintain healthy relationships. There are also some books you might like to try

<https://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour#:~:text=Feeling%20angry%20and%20upset%20at,biting%3B%20shouting%20or%20swearing.%22>

<https://www.bbc.co.uk/bitesize/articles/zj79t39>

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/>

YoungMinds
- Managing Feelings
MindEd