



Chancery
Education Trust
Aspire to Success

Parental Engagement

“Where Families and Schools Grow Side by Side”

Well-being & Emotional Support

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Oaklands Primary Academy





Introductions

- An introduction to supporting children's emotional well-being

Objective

- To support parents to understand children's emotional wellbeing, emotional literacy and resilience.



The Amygdala Hijack

Your amygdala controls your earliest fight, flight or freeze response.

What Is the function of the Amygdala?

The amygdala is the part of the brain that's most closely associated with processing emotions, particularly negative ones like fear, aggression, anxiety.

Your Amygdala acts as an alarm that triggers 'fight or flight' response when it feels threatened.



Lets take a look...

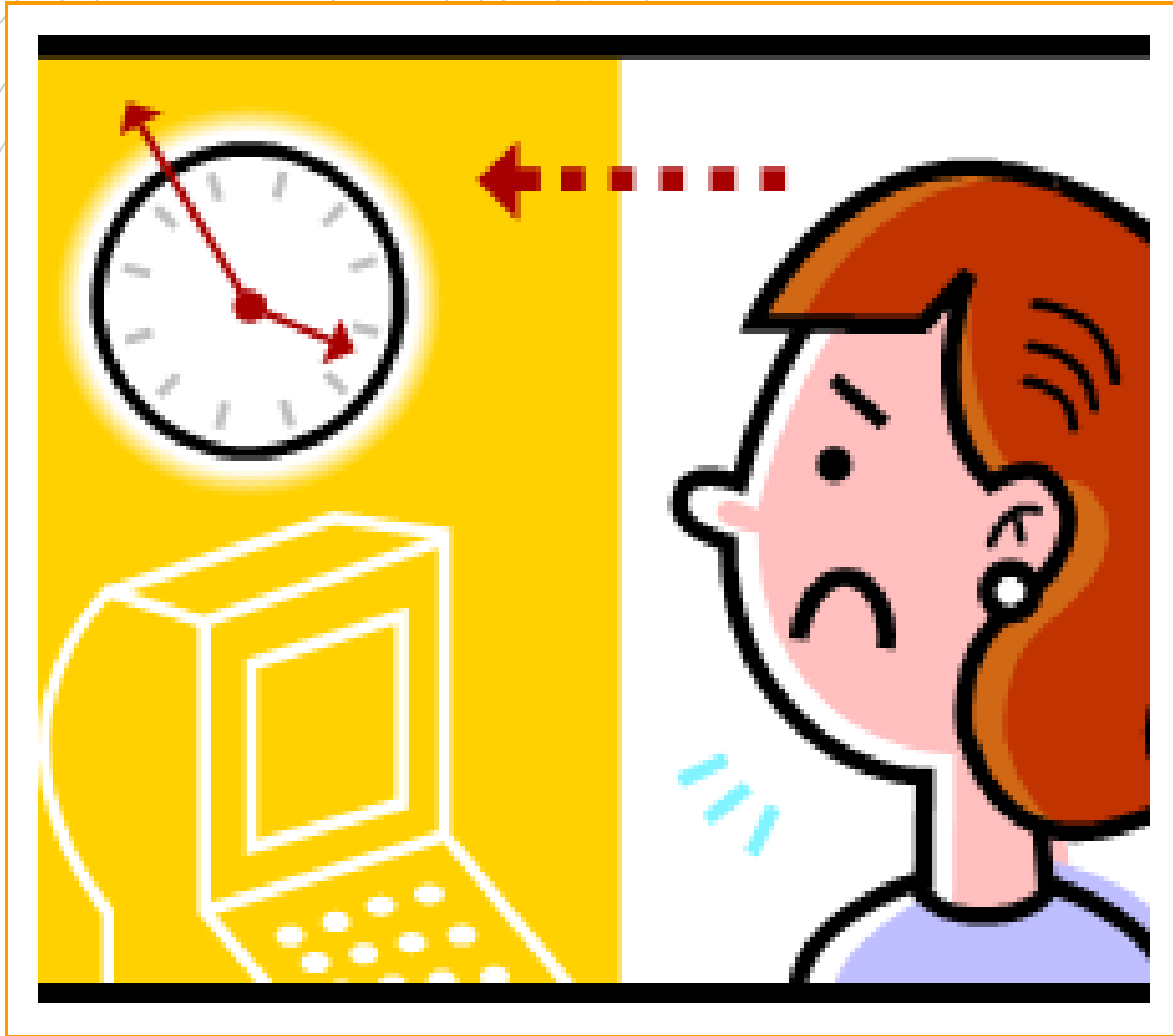


Let's take away...

- <https://www.youtube.com/watch?v=2xeDcPBD5Fk>

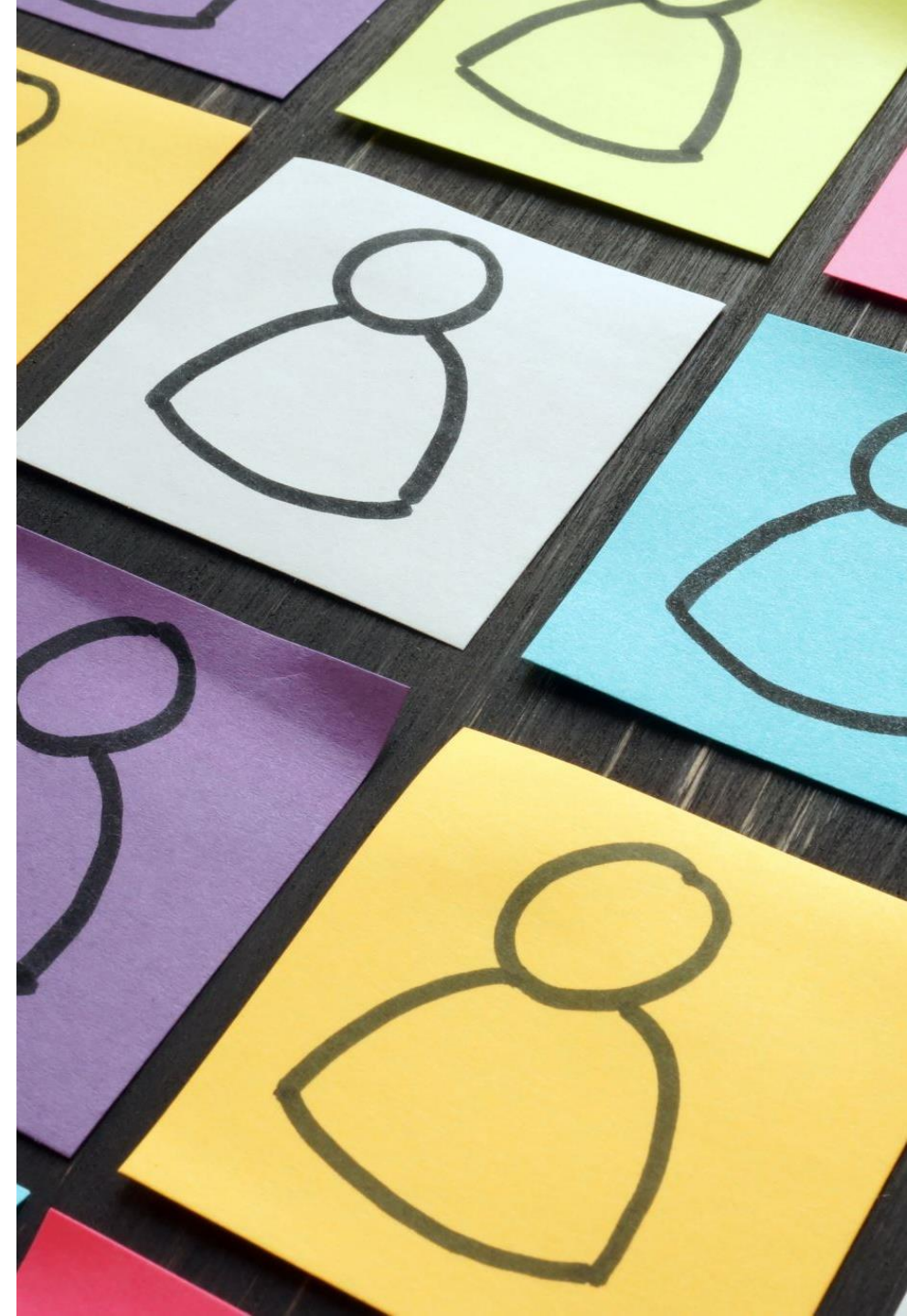
Thinking Task

- Think about a situation you were recently in when you felt overwhelmed/stressed..

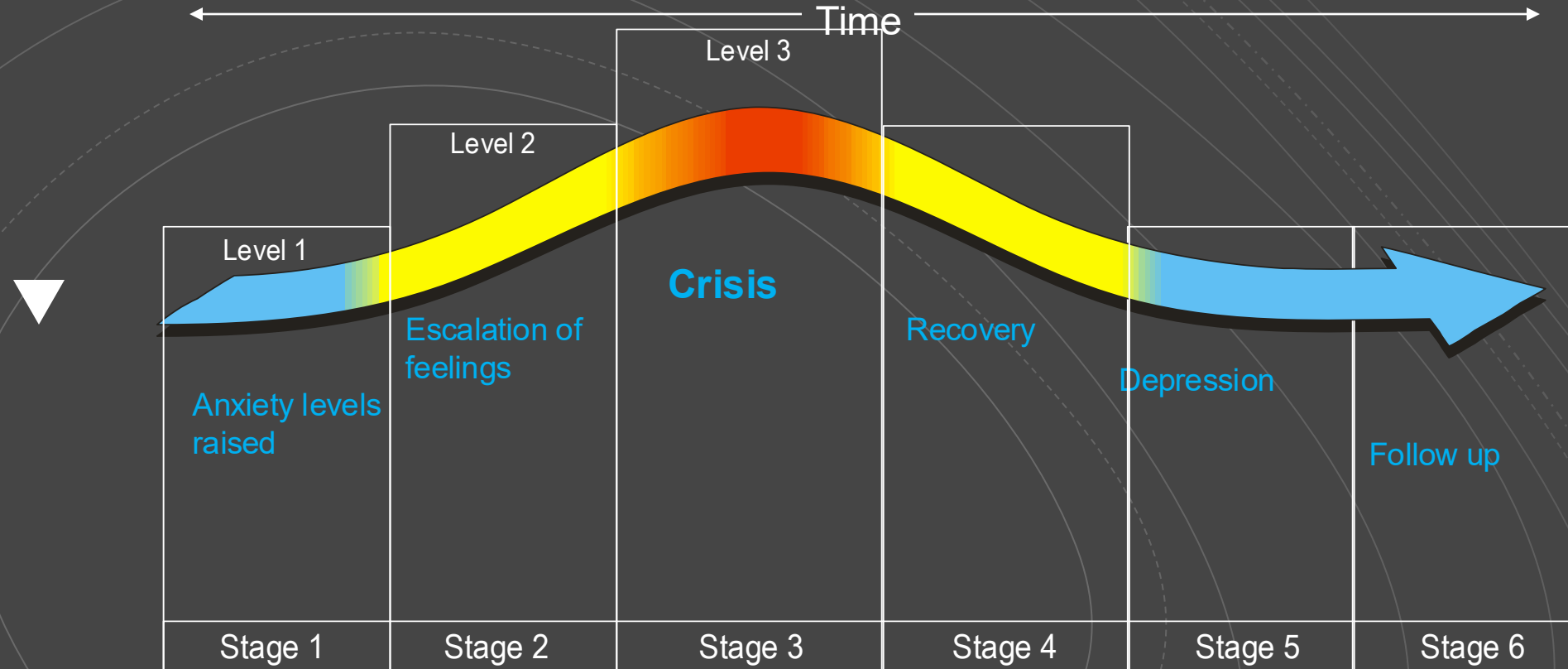


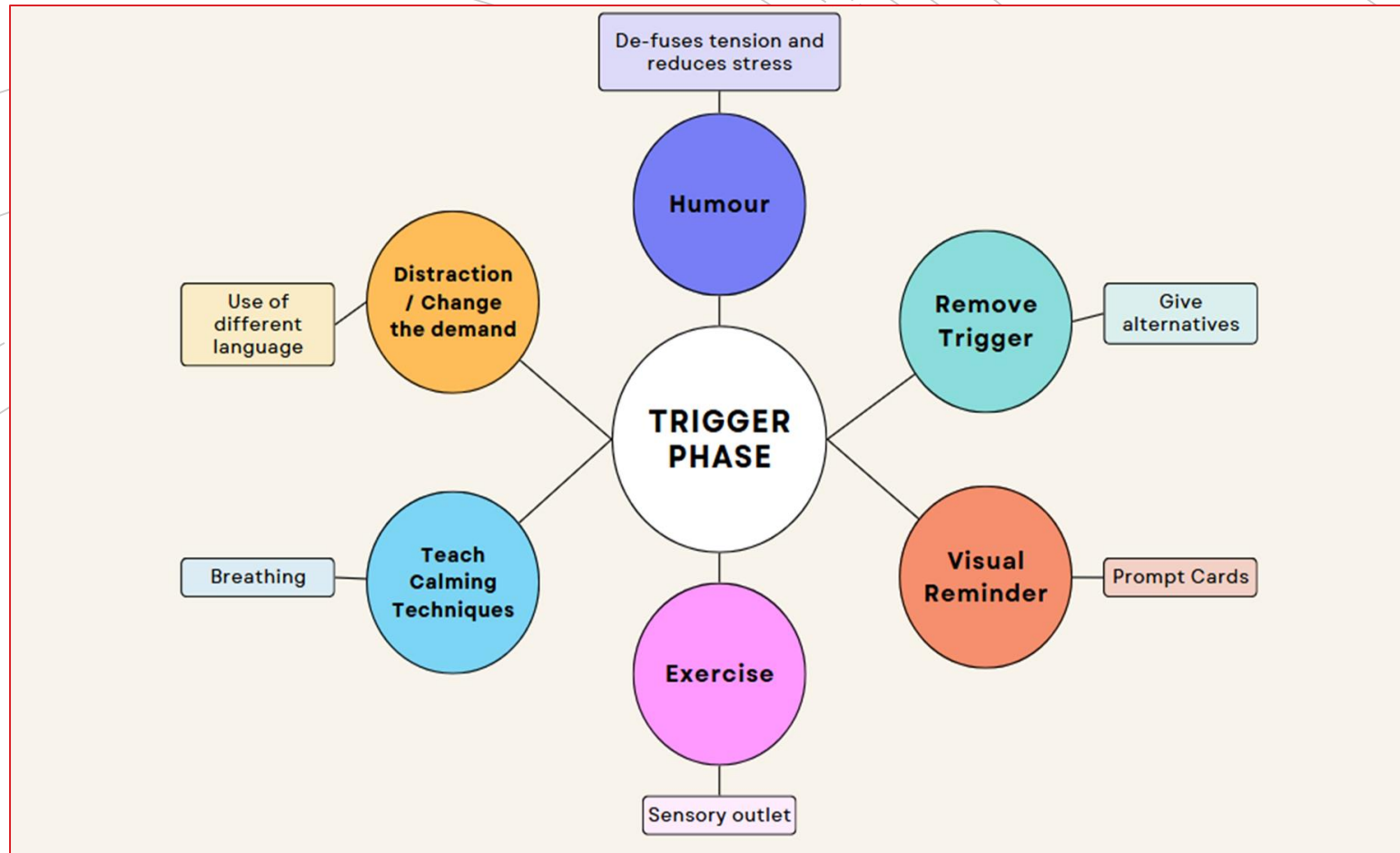
Activity 1

- ▮ How did it make you feel?
- ▮ What emotions were you displaying?



Emotion rollercoaster



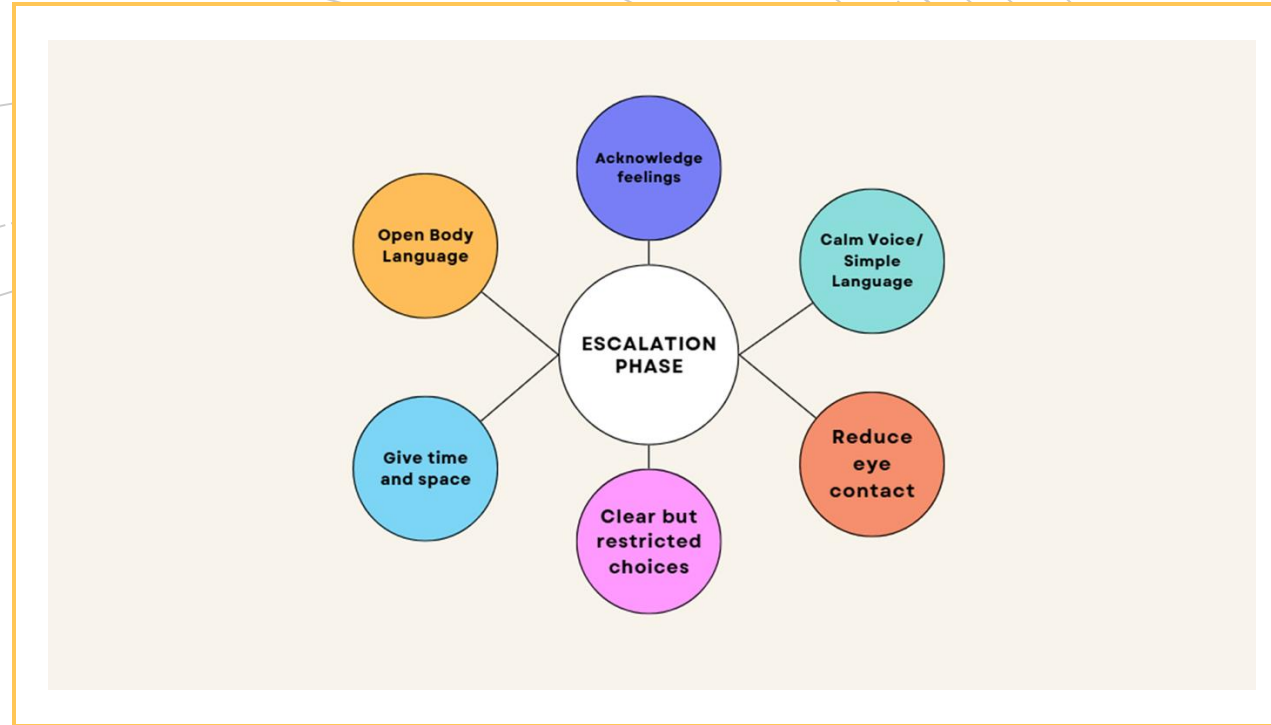


Strategies at Trigger Phase

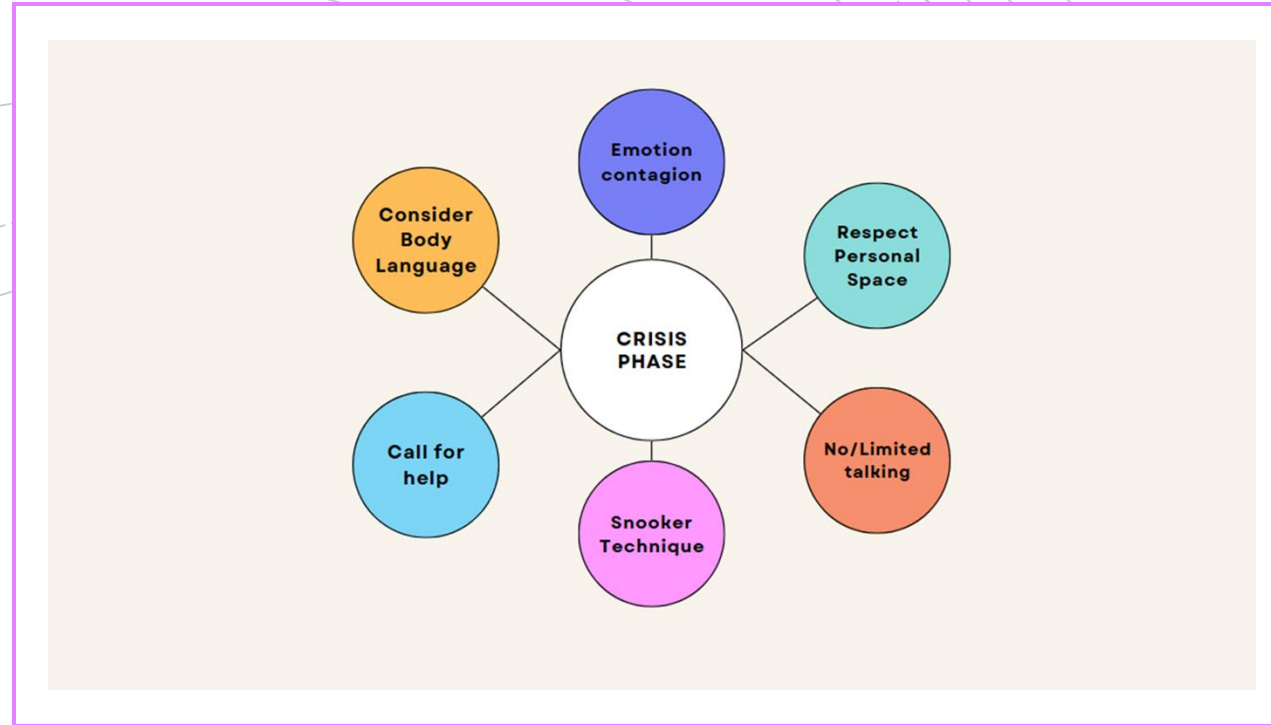
Activity 2

Escalation Phase

How does our own
emotions, body
language and
behaviour affect your
child.

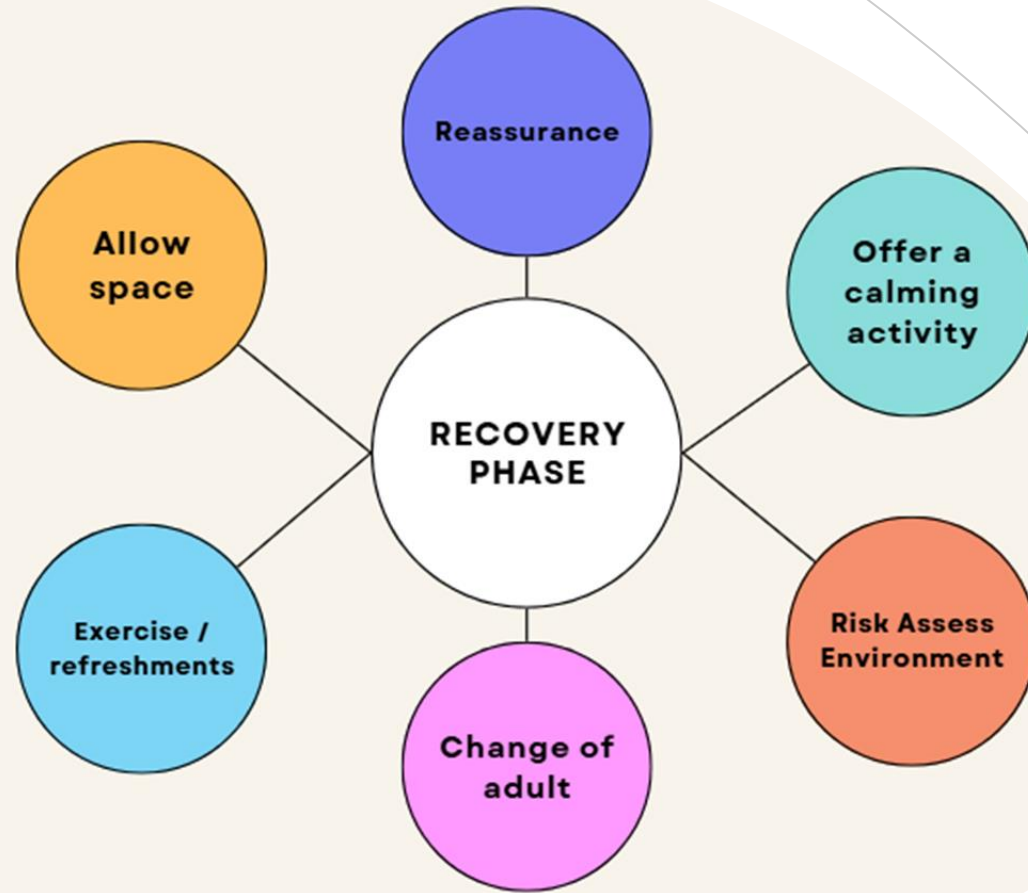


Strategies at phase 2: Escalation



Strategies at Phase 3 - Crisis

Recovery phase



At all stages...

Respect personal space

React in a controlled manner

Talk calmly and avoid touch

Follow up...

Be prepared for
tears and or
embarrassment

Restorative justice –
a sanction that
makes amends

Apologising with
dignity, if
appropriate

Avoid the why

Try wondering
aloud “I wonder if
you were angry
because”

Teach an alternative
behaviour..What
could you do next
time

Social Stories or
allow your child to
draw what they're
feeling

Don't forget the wider family and who has been impacted

Someone to
talk it
through with

A critical
friend

Plan together
for what to
do next time

Be prepared

Podcast

Great podcast by George Linfield posted in February 2023

A light blue downward-pointing arrow indicating a flow from the first box to the second.

Real focus on children's mental health in schools.

A light purple downward-pointing arrow indicating a flow from the second box to the third.

Highlighting children's mental or emotional health remains the NSPCC's top priority and concern.

Finally



Q&A



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THANK YOU