

Reception parent and carer learning overview

Self-regulation: My feelings

This overview explains what your child is learning and suggests simple ways to support them through conversation, play and shared activities at home. Learning to name feelings, notice body clues and find ways to self-regulate supports children's wellbeing, friendships and readiness to learn.

Unit vocabulary

- feelings
- happy
- sad
- angry
- worried
- excited
- calm
- body
- heart
- head
- tummy
- eyebrows
- mouth
- eyes
- calm corner

Identifying and naming feelings helps us understand ourselves and others.



happy



sad



angry



worried

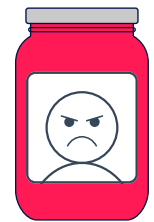
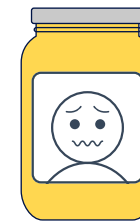


excited



calm

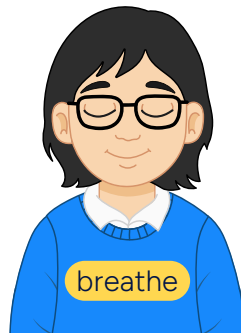
Feeling jars can help us share how we are feeling with others.



Our bodies can give us clues about how we are feeling.

Our heart might beat faster if we are worried, we might smile more if we are happy or our tummy might feel like it is twisting when we are angry.

Simple strategies can help us when we have big feelings such as anger, excitement or worry.



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Looking at people's eyes, eyebrows and mouths can help us understand how they might be feeling. We can ask questions if we are not sure how someone is feeling.



Things that help us feel calm:



cushions



blanket



soft toys

Different resources can support us when we need a quiet moment or need help to regulate our feelings.

Everyday ways to support learning

Talk about feelings.

Name feelings throughout the day.
"You look excited!" or "I wonder if Teddy is feeling worried?"

Notice body clues

Talk about what your child's body feels like.
"Does your tummy feel funny?" or "Is your heart beating quickly?"

Read stories together

Pause to look at the characters' faces and ask how they might be feeling and why.

Practise regulating together

Take deep breaths, count slowly to five, cuddle a favourite toy or spend time in a quiet space together.

Mirror game

Take turns copying each other's facial expressions. Talk about the clues you can see in the eyes, eyebrows and mouth.

Questions you can ask:

- How are you feeling?
- What clues does your body give you when you have different feelings?
- I wonder what we could do to help us feel calm?

You may notice your child:

- Talks more about their feelings.
- Names different feelings.
- Notices how other people are feeling.
- Talks about what helps them feel calm.
- Uses words such as happy, worried or calm more often.

