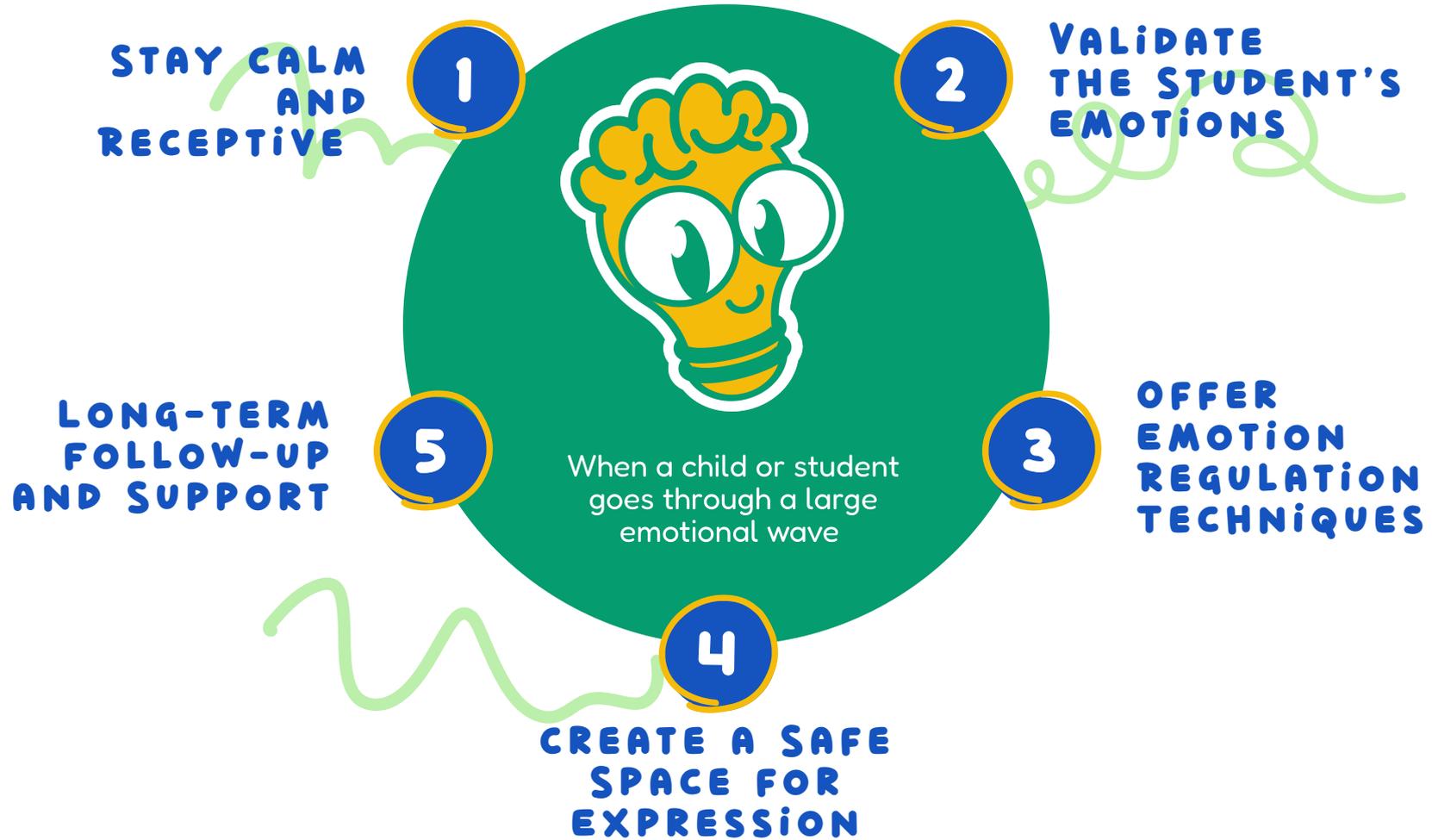




THE EMOTIONAL WAVE: WHAT IS IT?



TIPS AND RECOMMENDATIONS





LONG-TERM FOLLOW-UP AND SUPPORT

Description: After managing a major emotional wave, ensure follow-up to understand the underlying causes and support the child over time.

Implementation: Schedule a later discussion to explore what triggered the emotion and how the student can better manage such situations in the future. Do not address it immediately! Also consider referring to a professional if the child's emotions seem persistent or unmanageable.



CREATE A SAFE SPACE FOR EXPRESSION

Description : Provide a space where everyone can freely and safely express their emotions, without judgment.

Implementation : Set up a quiet corner or a space in the room where the child can temporarily withdraw to regulate their emotions. Encourage them to verbalize what they feel.



STAY CALM AND RECEPTIVE

Description : When you are faced with a student experiencing intense emotion, it is crucial to remain calm. Your tranquility can help soothe the student. Show that you are available and ready to listen.

Practice : Adopt an open posture, use a gentle and reassuring tone of voice, and avoid reacting with impatience or frustration.
Stand at their level and face them



VALIDATE THE STUDENT'S EMOTIONS

Description : Recognizing and validating emotions is essential. Let them know that their feelings are normal and acceptable.

Practice: Use phrases such as "I see that you are experiencing a very strong anger/sadness, it is completely normal to feel that way" to show that you understand what they are feeling.

PROPOSE EMOTION REGULATION TECHNIQUES



Description : Propose emotional regulation strategies that the child can use to manage intense emotions.

Implementation : Suggest deep breathing exercises, pauses to calm down, or activities like drawing or writing to express their emotions.



“The importance of emotions in learning” - Knowledge One



“The Emotional Atmosphere of a Classroom Matters” - Daniel Goleman



“Social and Emotional Development in Children and Adolescents”



“Supporting your Child/Adolescent to Regulate Their Emotions”



“Let the Inside Out: Empowering Emotional Expression in the Classroom”



"SUPPORTING YOUR CHILD/ADOLESCENT TO REGULATE THEIR EMOTIONS" - NORFOLK AND SUFFOLK NHS FOUNDATION TRUST

This introductory workshop explains what emotion dysregulation is and what factors can affect a child or young person's ability to manage emotions. It also offers practical ways to support them and introduces key self-regulation skills.



"LET THE INSIDE OUT: EMPOWERING EMOTIONAL EXPRESSION IN THE CLASSROOM" BY LORENA PEIMBERT

Strong emotions don't have to hinder learning. This webinar shares practical tips and activities to help students recognize, express, and manage their emotions, enabling them to succeed in your English classroom.



"THE EMOTIONAL ATMOSPHERE OF A CLASSROOM MATTERS" - DANIEL GOLEMAN

Best-selling author Daniel Goleman shares the one change he would make to the education system.



"THE IMPORTANCE OF EMOTIONS IN LEARNING" - KNOWLEDGE ONE

This video provides a brief overview of a more in-depth article on the role of emotions in learning.



"SOCIAL AND EMOTIONAL DEVELOPMENT IN CHILDREN AND ADOLESCENTS" - CHILD DEVELOPMENT INSTITUTE

The article explores how children and adolescents develop social and emotional skills, starting from early attachment with caregivers to building self-esteem through interactions. It highlights the importance of responsive parenting and positive reinforcement in shaping emotional intelligence.

