

# Resolving Classroom Challenges

# THE **FEELIT!** FIX

Introducing The FEELIT Fix – a problem-solving tool to help pupils have difficult conversations, develop empathy, and find resolutions to resolve challenges.

# Overview

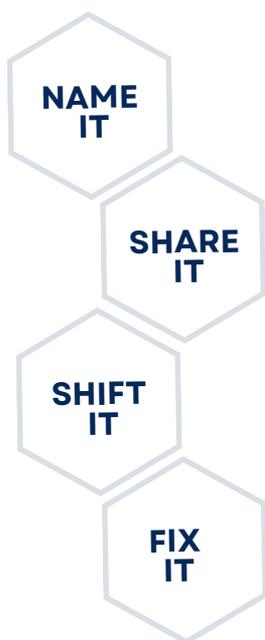
FEELIT TIME provides a classroom strategy that embeds an emotionally open culture and learning environment where pupils enjoy an increased sense of responsibility and citizenship.

**The FEELIT Method develops the emotional literacy and intelligence of pupils enabling them to:**

- ✓ Have difficult conversations
- ✓ Explore and share feelings
- ✓ Develop empathy skills
- ✓ Resolve conflicts
- ✓ Find resolutions
- ✓ Learn to self-regulate

## Using FEELIT TIME for conflict resolution & challenges

The FEELIT Fix is a methodology designed for use in the classroom setting to help resolve past or current issues and predicted challenges together as a team.



## How do I create a FEELIT FIX in my classroom?

There are 4 stages to the FEELIT Fix, regardless of the type of fix.

Following the same format for each FEELIT Fix conversation, pupils are asked the following open-ended questions.

- NAME IT:** How are you feeling?
- SHARE IT:** How are you showing your feelings?
- SHIFT IT:** How do you want to feel?
- FIX IT:** What can you do to get the result you want?

The FEELIT Fix should be teacher-led and worked on either as a whole class in a circle on the floor, in table groups, or as pairs at desks.

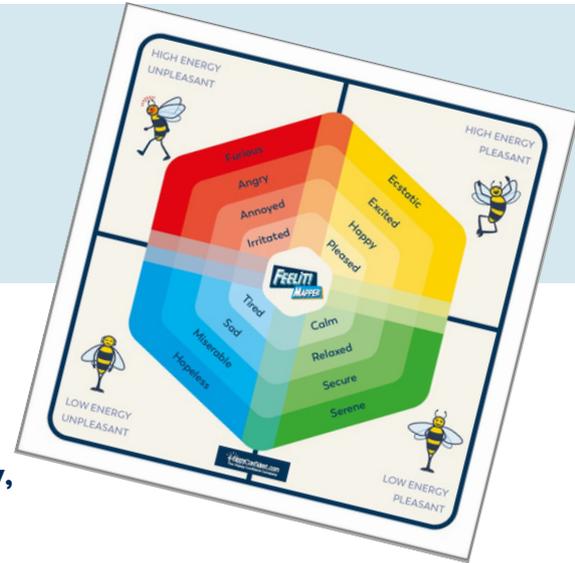
The conversations can be recorded by the teacher as reference should the same situation reoccur for example in the case of a behavioural challenge.

# THE FEELIT! FIX

## PAST PROBLEM

### PROBLEM

Playground incident  
 Friendship incident  
 Social media group issue  
 Bullying / clique mentaliy



### NAME IT

How are you feeling?

Using the FEELIT Cards and FEELIT Mapper pupils can identify how they are feeling.

i.e.  
**sad, anxious, worried, unhappy, unsafe.**

### SHARE IT

How are you showing those feelings?

Encourage pupils to discuss how their feelings are driving their thoughts and actions.

Discuss feelings with ideas coming from the pupils on how to stop issues like this from reoccurring.

### SHIFT IT

How do you want to feel?

Use the FEELIT Cards and Mapper to express HOW pupils would PREFER to feel.

i.e.  
**safe, respected, happy.**

### FIX IT

What can you do to make this happen?

Develop strategies together to fix the situation and ensure it doesn't happen again.

Develop strategies together to fix the situation and ensure it doesn't happen again.

## SOLUTION

### DEVELOP AN AGREED STRATEGY

Always think about our online behaviour and do not use it as a space to be hurtful.  
 Consider other people's feelings before doing things we may regret.  
 If you are upset or hurt, discuss it with someone you trust.

# THE FEELIT! FIX

## PRESENT ISSUE

### ISSUE

Class Assembly  
Visiting Guests  
School Play

### NAME IT

How are you feeling?

Using the FEELIT Cards and FEELIT Mapper pupils can identify how they are feeling.

i.e.  
**nervous, excited, anxious, worried.**

### SHARE IT

How are you showing those feelings?

Encourage pupils to discuss how their feelings are driving their thoughts and actions.

Different for everyone, some children will share that they feel quiet, some will feel noisy, some might not be feeling anything in particular.

### SHIFT IT

How do you want to feel?

Use the FEELIT Cards and Mapper to express HOW pupils would PREFER to feel.

i.e.  
**calm, excited, confident focused, and optimistic.**

### FIX IT

What can you do to make this happen?

Develop strategies together to fix the situation and ensure it doesn't happen again.

Let's all do a breathing exercise to stay focused and prepared as a class.

## SOLUTION

### DEVELOP AN AGREED PLAN

When we are feeling nervous, worried, or anxious, we can work together to shift our feelings to ones that will help us become more optimistic.

Breathing exercises will help us stay focused and be calm and prepared.



# THE FEELIT! FIX

## FUTURE CHALLENGE

### PROBLEM

Assessment Week / SATs  
 Banding tests  
 Interviews  
 Sports or Arts events / trials



### NAME IT

How are you feeling?

Using the FEELIT Cards and FEELIT Mapper pupils can identify how they are feeling.

i.e.  
**nervous, anxious, worried.**

### SHARE IT

How are you showing those feelings?

Encourage pupils to discuss how their feelings are driving their thoughts and actions.

Taking it out on my family / friends, agitated and nervous some of the time...  
 or  
 Avoiding others, worrying and feeling sick...

### SHIFT IT

How do you want to feel?

Use the FEELIT Cards and Mapper to express HOW pupils would PREFER to feel.

i.e.  
**calm, focused, confident, motivated, and optimistic.**

### FIX IT

What can you do to make this happen?

Develop strategies together to fix the situation and ensure it doesn't happen again.

Stay calm using breathing exercises, talk about how I'm doing, find a study buddy to work with...

## SOLUTION

### DEVELOP AN AGREED STRATEGY

To regulate our feelings and help give us the greatest chance of success we need to be calm and focused. We can use breathing exercises and meditations to calm ourselves down, and find study buddies to work in pairs.

# MY FEELIT! FIX

## HELPING FIX MY PROBLEM

The FEELIT Fix is YOUR time to work out how you're feeling when you are worried about something, have an issue to solve, or need help identifying your feelings.



### NAME IT

How are you feeling?

Using the FEELIT Cards and FEELIT Mapper to help identify the feelings you have.

### SHARE IT

How are you showing those feelings?

How do these feelings affect your thoughts, and your actions?

### SHIFT IT

How do you want to feel?

Use the FEELIT Cards and Mapper to help you think about how you would LIKE to be feeling right now

### FIX IT

What can you do to make this happen?

Look at how you are feeling, and thinking about how you WANT to feel, what can you do to help yourself get to this preferred feeling.

## MY FEELIT FIX IS...

## SOLUTION