

FEELIT!

WHAT IS FEELIT?

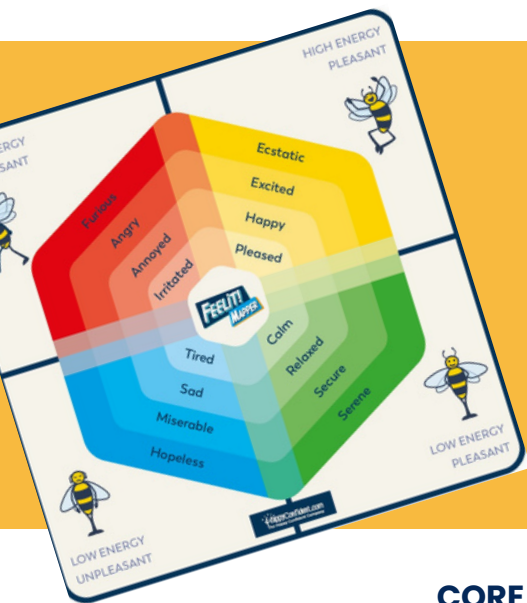
A programme to help children better understand, express and regulate their feelings, increase self-awareness, and build stronger connections with others.

A practical, adaptable, and easy to use classroom resource that supports the teaching of emotional literacy from the Early Years.

HOW DOES IT WORK?

The FEELIT Programme delivers a total of 84 feelings, at a pace of 12 per school year.

The feelings vocabulary builds in line with the social and emotional development of pupils at each stage and has been trialled in a number of mixed ability schools during early pilot stages.



FEELIT MAPPER

Central to the programme is the FEELIT Mapper, a device that helps categorise feelings into quadrants based on how pleasant they feel (in the body) and the energy level the feeling has.

Red = High energy unpleasant feelings

Blue = Low energy unpleasant feelings

Yellow = High energy pleasant feelings

Green = Low energy pleasant feelings

By teaching children to recognise feelings this way, we help them develop skills in emotional literacy and self regulation.

CORE FEELINGS EXPLORED IN DIFFERENT WAYS

INTRODUCTION

12 core feelings are introduced with talk based activities to help children better understand feelings and associated behaviours.

LITERACY

Prompts are provided to help children explore the 12 feelings, through literacy links, news, music etc.

ACTIVITIES

Further exploration is possible using activities to help deepen the children's understanding of each of the feelings.

All resources supplied, zero training required.

From lesson plans and slides, to teaching resources, activities and effortless ways to weave the programme into core subject teaching, you'll find everything you need already created for you (and already tested on hundreds of children).

Requires as little as 10 minutes total a day.

SEN SCHEME OF WORK



PROGRAMME OVERVIEW

The SEN Programme is similar to the mainstream FEELIT programme, but focuses on the foundation stage feelings to ensure it is more broadly accessible.

There are 12 feelings that make up the base of the programme, split evenly across feeling categories.

These are presented in 3 documents, each covering one feeling from each colour category with the definitions, prompt slides and activities all included.

THE FEELIT TEAM PROMISE

- The FEELIT Promise Poster is a template to use to create their own set of 'rules' around self-expression of feelings
- The exercise is a great team-building one, helping all children feel safe to express their feelings without judgement.
- It can also be used as a 1:1 tool with a child and their team, to help the child know that everyone is on their side, and working to achieve together.



THE FEELIT MAPPER

- The FEELIT Mapper poster is intended to support the programme at every stage. It can be used for feeling check ins and to aid discussion about feelings.
- For children able to decode the physical sensations associated with their feelings, the mapper provides a tool to further discuss the mind body connection.
- The FEELIT Promise Poster is a template to use to create their own set of 'rules' to ensure that all children feel safe to express their feelings without judgement.



TOOLS TO HELP MANAGE CONFLICT

- The FEELIT Fix provides a tool for teachers to work with groups of children or on a 1:1 basis to help manage and resolve conflict using simple, easy to follow steps that provide a method that can be applied to any issues, worries or problems throughout all areas of their lives.



FEELING BEES, POSTERS & GAMES

- The resources have been adapted for use to include a series of Bees who portray each of the feelings.
- Each illustration considers the physical cues, facial expression the body and posture to help convey how the feelings of others can be 'seen' or 'read'. This aims to help children with extra educational needs to begin to learn how to decode others.
- There are a set of 12 posters, a pairs game, and also the bees feature within the activities.