

25 Ways to Support Children's Emotional Wellbeing

Activity	What to do	Curriculum links
A secure key person system	Having a secure key person system ensures that children have somebody they can build a relationship who will support them as and when they need it.	Personal, Social and Emotional Development
Basic needs	Ensure children's basic needs are met. Children who are hungry, cold or tired, for example, may not feel as comfortable or ready to engage in play or learning as those who are not.	Personal, Social and Emotional Development Physical Development
Opportunities to talk	Ensure that there are plenty of opportunities during the day for children to talk and to be listened to. Dedicate time to this.	Personal, Social and Emotional Development Communication and Language
Outdoor provision	There are many benefits to children being outdoors including climbing, exploring, developing awareness of the weather and the world around them and being physically active.	Personal, Social and Emotional Development Physical Development
Stories	Sharing stories with children can be a very nurturing activity. Whether reading a funny book, a book about emotions or a story the children have heard many times, children will benefit from this shared experience.	Personal, Social and Emotional Development Communication and Language Literacy
Songs and rhymes	Music, songs and rhymes can stimulate movement in children and encourage them to be physically active. It can also impact children's emotions.	Personal, Social and Emotional Development Communication and Language Expressive Arts and Design
Communicating routines	Ensure children are aware of daily routines. Consider picture or real object timetables to support children in knowing what is happening now and anticipating what will be happening next.	Personal, Social and Emotional Development Mathematics
Communicating change	If usual routines will be disrupted, for example a visitor is coming into the room or a member of staff is not here today, tell the children and reassure them as needed.	Personal, Social and Emotional Development Understanding the World
Role play	Role play can be a great opportunity for children to relive experiences or to explore situations they are curious about.	Personal, Social and Emotional Development Communication and Language Expressive Arts and Design
Puppet play	Children may feel more comfortable to talk to or through a puppet when exploring their emotions or trying to make connections between their own thoughts and ideas.	Personal, Social and Emotional Development Communication and Language Expressive Arts and Design
Times to relax	Build opportunities into the daily routine for children to be calm and relaxed. This may be through children's yoga, peer massage or simply a time to quietly relax and listen to calming music.	Personal, Social and Emotional Development Physical Development

Places to relax	Consider the places within your environment for children to relax, be comfortable and calm. Make sure such places are cosy, warm and away from busy areas.	Personal, Social and Emotional Development Physical Development
Effective home/school links	Ensure that you have a holistic view of the children. Gather as much information from parents/carers as possible and allow opportunities for them to communicate regularly with you. Help children to feel valued and demonstrate that you are interested in them.	Personal, Social and Emotional Development
Expressing emotions	Create an environment in which children feel comfortable to express their emotions. Try not to rush children to stop crying if they are upset for example; allow them time to experience their emotions and support them as needed.	Personal, Social and Emotional Development
Mindfulness	There are lots of ways to promote mindfulness with young children including describing emotions, laying down and looking at the clouds and sensory play.	Personal, Social and Emotional Development Physical Development Communication and Language
Circle time	Using circle time as an opportunity to talk about topics that are important to children or things that have happened today can help children to feel they have a voice and that their views are listened to.	Personal, Social and Emotional Development Communication and Language
Clear expectations	Ensure there are clear expectations for example, how to look after our belongings and how to care for one another. Children could be involved in contributing expectations they feel are important for example through a class charter as and when developmentally appropriate.	Personal, Social and Emotional Development
Positive relationships	Supporting children to have positive relationships with other children and their familiar adult can have many benefits to their PSE development as well as their general wellbeing.	Personal, Social and Emotional Development
Self-regulation	Giving children opportunities to develop resilience, patience, perseverance and self-motivation can support their ability to self-regulate emotions. Open ended resources, creative activities and problem-solving tasks can all support development of self-regulation in young children.	Personal, Social and Emotional Development Physical Development
Building resilience	Encouraging children to try new things and supporting them if they do not achieve a task on the first attempt will enable children to build resilience.	Personal, Social and Emotional Development
Be a good role model	Be a role model for wellbeing. Be calm, be ready to listen and make time to join children in their play.	Personal, Social and Emotional Development
Active play	Being active can be very beneficial to children's wellbeing. Encouraging children to engage in activities that are physically active range from moving and dancing to music to climbing to running in the outdoor area.	Personal, Social and Emotional Development Physical Development
Creative activities	There is a lot of research available to support the relationship between creative activity and wellbeing. Offering children opportunities to explore their own ideas and try things out can have be motivating and rewarding.	Personal, Social and Emotional Development Physical Development Expressive Arts and Design
Environment	Creating an organised, calm and welcoming environment can have huge benefits to children's emotional wellbeing. Consider removing excess resources and furniture where possible.	Personal, Social and Emotional Development

Join children's play	Joining children in their play can help you to gain an insight into their interests. Role play areas are particularly supportive as adults model language and ways to respond to different situations.	Personal, Social and Emotional Development Communication and Language Expressive Arts and Design
Screen time	Technology is embedded into modern day life and it has an important part to play in children's futures. However, it is also important that children have a good balance of different activities in order to develop a range of skills. Having a clear plan for screen time can ensure that children interact with others, become effective communicators and have sufficient amounts of physical activity each day.	Personal, Social and Emotional Development Physical Development Communication and Language Understanding the World