

Useful Resources to Talk about Emotions

- Name it to tame it

<https://www.andnextcomesl.com/2019/09/name-it-to-tame-it.html>

<https://heartmindonline.org/resources/strong-emotions-name-it-to-tame-it>

- Expressing feelings

<https://www2.oxfordshire.gov.uk/cms/sites/default/files/folders/documents/childreducationandfamilies/informationforchildcareproviders/goodpractice/sentoolkit/Expressingfeelings.pdf>

- Self Esteem

<https://www2.oxfordshire.gov.uk/cms/sites/default/files/folders/documents/childreducationandfamilies/informationforchildcareproviders/goodpractice/sentoolkit/Selfesteem.pdf>

- Helping children learn how to problem solve

<https://www2.oxfordshire.gov.uk/cms/sites/default/files/folders/documents/childreducationandfamilies/informationforchildcareproviders/goodpractice/sentoolkit/Helpingchildrenlearnhowtoproblemsolve.pdf>

- Activities to help children learn about emotions

<https://www.apperson.com/teach-talk/10-activities-to-help-students-explore-emotions>