

School Counsellor Newsletter



Finding the fun in emotions

Edition Twenty-five

As the Headmaster has recently highlighted and explained the four branches of Emotional Intelligence, as identified and measured through the Aristotle programme, I thought it could be helpful to remind us all that talking about emotions can be a creative process and a great deal of fun!

To help us understand this I would like to highlight the game Chitter Chatter, available through [Sparklers](#), which falls under the umbrella of [All Right?](#)

Sparklers was developed in response to requests from the Years 1 to 8 education sector for tools to help promote the wellbeing of young Cantabrians. *Sparklers* helps children learn how to manage big emotions, connect with others and draw on their strengths. Since the outbreak of COVID-19 it has developed resources specifically designed for parents as well. If you have not accessed the [Sparklers](#) or [All Right?](#) websites already, I encourage you to take a look.

The game *Chitter Chatter* is a fun way for children to learn to talk about their emotions. The game is available free at some local libraries, can be purchased online or you can make your own version by following the [Chitter Chatter guidelines](#) on *Sparklers*. By using the dice to choose an emotion, you then answer questions on the colourful cards provided. For example, you might choose the emotion *Amazed* and need to

answer "If the weather matched this emotion, describe the conditions." Or you might choose the emotion *Frustrated* and need to answer the question, "If you had to wear clothes to match this emotion, what clothes would you choose?" There are helpful tips on each card as well, such as "Take five minutes to re-set by doing something chilled."

Here are some other questions to give you idea of how relaxed and fun talking about emotions can be:

- How would you describe this emotion to a tiny, confused alien?
- Act out this emotion in sloooooow motion...
- Which three kararehe (animals) would you cast in a movie about this emotion?
- Try to say this emotion 15 times, fast, without laughing
- You visit planet same-same and feel only this emotion. What's it like?
- Slowly build from a blank face up to this emotion and back again
- If someone else was feeling this emotion, how would you act around them?
- Which tae (colours) feel like a good fit with this emotion?
- Emotions can help us take action. How could you use this emotion in a positive way?
- Work together to create a

'word-at-a-time' story saying this emotion at least three times.

It is very normal and very healthy to feel a wide range of emotions so it is important, at any age, to help children talk about their emotions so they can better understand them, as well as the emotions of others. I hope that this has inspired some new and interesting ways to talk about emotions. This will complement what teachers are doing in class, what is delivered through Aristotle and other key programmes, and to add to what you are already doing at home. I hope it will help you and your son to have some fun and feel positive about emotions.



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If you wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim
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