

# Spotlight on ....

## Wellbeing

### Kensington Primary School

#### Why Emotional Health?

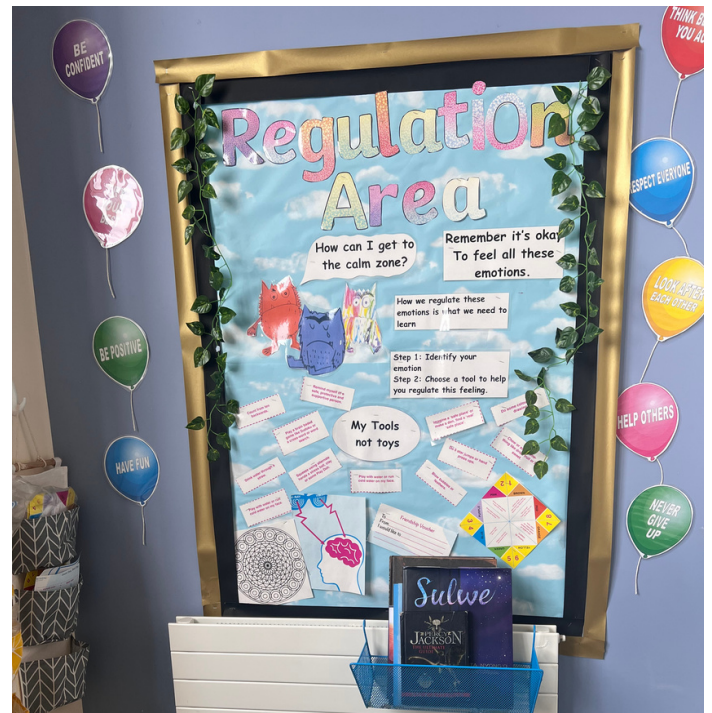
Our emotional health curriculum was rolled out in January 2020 as part of our new curriculum, which was developed after mounting evidence indicated that our current curriculum is outdated and might no longer be the best way of effectively preparing our children for successful futures. We want our learners to succeed and being healthy physically and emotionally works in sync and prepares your brain to work at its best and removes all the barriers from learning. We want our children to be calmer, healthier, and ready for learning so that they can achieve their potential.

The emotional health curriculum was developed in collaboration with CAMHS, Place2Be, Headstart, NewDAY, and a range of other experts. Collaborating with a range of expertise provided us with all the groundwork needed to develop a tailor-made emotional health curriculum that would meet all our children's needs

#### How is emotional health taught at our school?

Emotional health lessons are taught on a weekly basis for an hour, it is delivered through 3 core strands: Myself, My Surroundings and my Belongings.

Children are also given 10 minutes to spend on



What has been the impact of the emotional health curriculum?

We noticed a significant difference in our children's wellbeing, as well as staffs' overall outlook on behaviour management in class. The greater the number, the higher/more positive recording of a class's overall emotional wellbeing. General trends in data show that 90% of children had significantly improved in their overall emotional wellbeing, particularly in areas of self-esteem and confidence. The emotional health curriculum has impacted our children in a positive way and has improved our children's wellbeing. We also noticed that those children who had not improved on their score had previously been highlighted as vulnerable with interventions in place to support their wellbeing.



### Why do Emotion coaching?

Emotion coaching is an evidence-based strategy based on the work of John Gottman which has been successful around the world. Emotion coaching helps children to understand the different emotions they experience, why they occur and how to handle them. Children who are emotion coached are better able to control their impulses, self soothe when upset, pay attention, they achieve more academically, have fewer behaviour problems, have fewer illness, are more emotionally stable and resilient.

### Steps of Emotion coaching

Step 1: Recognizing the child's feelings and empathising with them.

Step 2: Validating the feelings and labelling them.

Step 3: Setting limits on behaviour (if needed)

Step 4: Problem solving with the child.

### Emotion coaching training for parents

During September 2023, we decided to train our parents in emotion coaching as our children were confident now with talking about their feelings and all staff members even mid-days had been trained in emotion coaching. We wanted our parents to understand and follow the steps of emotion coaching at home, the training was a huge success. Many parents had never heard of this concept, and most were surprised at how successful it had been around the world. Feedback from parents was positive with parents commenting on how they will start using emotion coaching at home and many wanting more emotion coaching training for the next academic year.

### Impact of Emotion coaching

Our children are clear examples of the impact of emotion coaching, they are more in tune with their feelings, and can identify and express feelings using words and pictures. They all know what regulation means and can say what the steps of emotion coaching are. Many are often seen regulating one another. An example from year 4 was identified, where a child was dysregulated, and another advised him to regulate in the regulation area and use the steps of emotion coaching.

Overall, our Emotional health curriculum has benefited our children greatly. They are more aware of their emotions, understand the triggers of certain emotions and the biological sciences behind it. Our children can recognise feelings and empathise with others therefore we are confident that they will leave school ready for any challenges they may face in life.