

Dear Parents /carers

We thought you might find it helpful of have a reminder of the Getting Back To Green Approach (GBTG) we have in school to help promote children's wellbeing. The 'GBTG' programme was originally a series of 6 lessons (Y1-6) to help children develop their emotional literacy. The approach and vocabulary used is now embedded in school.

Emotional Literacy simply means that a child can manage their own emotions by:

- a) Recognising *when* they feel happy/upset/angry/worried
- b) Knowing *how* their body might feel when they are happy/upset/angry/worried e.g. headache, tummy ache
- c) Figuring out *what strategies* work to help them to relax – including deep breathing, reading a book, riding a bike etc.
- d) Taking other people's feelings into account in a situation

When children are comfortable with the above strategies, it means that they will feel more at ease in their own bodies, knowing that it is ok to feel angry and upset, and what is really important is how we manage these emotions. They will be able to deal with challenges in a more positive way, manage and build healthy friendships and deal with their emotions in a healthy, proactive way.

The programme uses a simple emotions scale (a green, yellow, red traffic light) - the intention is to give the children a way to describe how they feel with the aim of "Getting Back to Green".

The approach has been very successful in school and you may wish to use the traffic light vocabulary at home. It can be helpful for parents and carers model out loud occasionally how they feel and how they are going to 'get back to green' e.g. *'I feel yellow because – I'm going to have a cup of tea and listen to some music to get myself back to green.'*

An image of the traffic light is here if you would like to refer to it with your child.

We use activities on www.gonoodle.com (click on categories- Mindfulness) which you might find useful at home.

Also attached is a script for progressive muscle relaxation which some children might respond well to.

