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Session 2: Yucky feelings

Dear Parents/Carers

In today's session we helped children become more aware of their feelings. We did group work with children to find out what makes children feel sad, scared and worried and what happens to their bodies when they are sad, scared or worried.

We gave children a name for all these feelings and named them Yucky feelings so children now have a word to describe how they are feeling if anything makes them feel sad, scared or worried.

Please take this opportunity to talk with your child about today's session and please encourage them to tell you about what they have learnt/enjoyed in today's Kidsafe.

At school we would welcome any comments you or your children have in relation to this session.

Yours sincerely,

Kidsafe Lead Tutor (L. Kyle)

Head teacher

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