Teacher's manual

Four short sessions that teach children aged about 6 to 12 one habit for big feelings: Notice. Name. Need. Next. Each session has a workbook page and a few minutes in the free app.



For teachers, chaplains and carers

Run it with a class, a small group or one child. Try each step on yourself first.

The four sessions

1 Notice

Feelings show up in the body first. Spot the clues and the size.

2 Name

Seven feeling families. Two words is plenty.

3 Need

What would help right now, and what did I need underneath?

4 Next

One small step: the conveyor, the basement or the fire.

What you need

One kids' workbook per child (five pages, copy freely), pencils and colours.

Optional: one device with Box of feels open in kid mode (More, My data, Kids and teens) at box.tenxed.community. It's free.

20 to 30 minutes a session, once a week or once a day.

Ground rules

Every feeling is allowed. Not every action is.

Pass is always fine. Nobody has to share.

We don't laugh at feelings, ours or anyone else's.

What's said in the group stays kind outside it.

Grown-ups go first. Children learn this by watching you.

If a child tells you something serious

Talking about feelings sometimes opens a door. If a child tells you they are being hurt, or you are worried for their safety: stay calm and listen. Thank them for telling you. Don't promise to keep it a secret, and don't ask leading questions. Write down what they said, in their words, as soon as you can. Follow your school's or service's child protection procedure the same day and tell the person named in it. If a child is in danger right now, call 000.

Before you start

Try all four steps on yourself, and make one box in the app. Know who your child protection contact is. Tell parents and carers what's coming (the note home is on page 5). If you use the app, set one device up in kid mode the day before.

This is a practice tool, not therapy, and not for a crisis. If a child is unsafe, get help now: Kids Helpline 1800 55 1800, Lifeline 13 11 14, or 000 in an emergency.

1. Notice

The aim

Children learn that a feeling shows up in the body before it shows up in words, and that feelings come in sizes.

You'll need: workbook page 2, colours, a timer.



What just landed? in kid mode: Small, Big or Really big.

Run it

3 min **Warm up.** Statues: play music, freeze when it stops. Call a feeling (excited, cross, scared) and everyone freezes as a statue of it.

5 min **Teach.** Ask: when you get angry, where do you feel it first? Hot face, fists, tummy. Clues come before words.

8 min **Workbook page 2.** Colour where a big feeling lives in your body. Tick its size: small, big or really big.

5 min **In the app.** On Today, What just landed? Pick Small, Big or Really big together. A box drops onto the dock.

2 min **Wrap up.** One slow breath out, feet on the floor. Everyone names one body clue they noticed today.

Watch for

Children who say they feel nothing. That is fine: "nothing" is often tired or flat. Let them pass.

A child whose drawing worries you. Note it quietly and follow up later, one to one.

Say it like this

"Your hands are in fists and your face is hot. Something big just landed."

"You don't need words yet. Just tell me: small, big or really big?"

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2. Name

The aim

Children put a word to a feeling, starting with seven families, and learn that two words is plenty.

You'll need: workbook page 3, the feelings faces, colours.

Run it

3 min **Warm up.** Feelings faces: the leader pulls a face, the group guesses the family.

5 min **Teach.** Seven families: happy, sad, angry, scared, yucky inside, grossed out, surprised. A feeling with a name is smaller than one without.

8 min **Workbook page 3.** Colour the faces you felt this week. Finish: I feel ___ because ___.

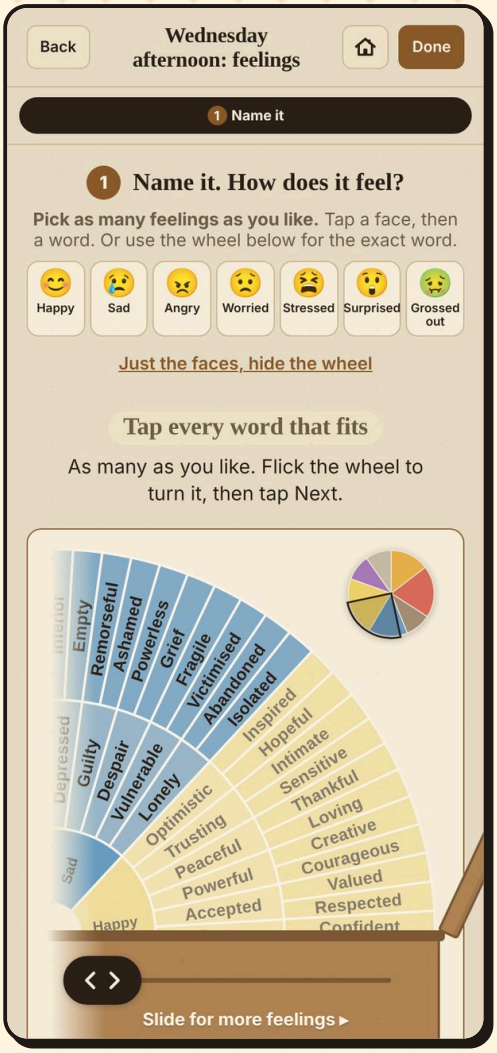
5 min **In the app.** Open the box, tap the feelings, tap a face, then a word on the wheel.

2 min **Wrap up.** Go round: "Today I feel ___." Pass is fine.

Say it like this

"Is that more angry, or more sad?" Offer, don't tell. Let them pick.

"Angry is fine. Hitting is not."



Name it: a face first, then the wheel for the exact word.

Watch for

Children picking happy every time. Ask about the week, not just today.

No diagnosis words. "Worried" is a feeling here, not a label for the child.

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3. Need

The aim

Children learn that every feeling is asking for something, and practise asking for it: what helps right now, and what did I need underneath?

You'll need: workbook page 4, colours, space to move.

Run it

3 min **Warm up.** Shake it off: shake hands, arms, legs, whole body, then stand still and notice.

5 min **Teach.** Two kinds of need. Right now: a hug or space, a drink, a move, quiet. Underneath, five things every child needs: safe and hugged, let me try, listen to me, let me play, help me stop.

8 min **Workbook page 4.** Tick what you need right now, colour what you needed underneath, draw your two favourite calm-down cards.

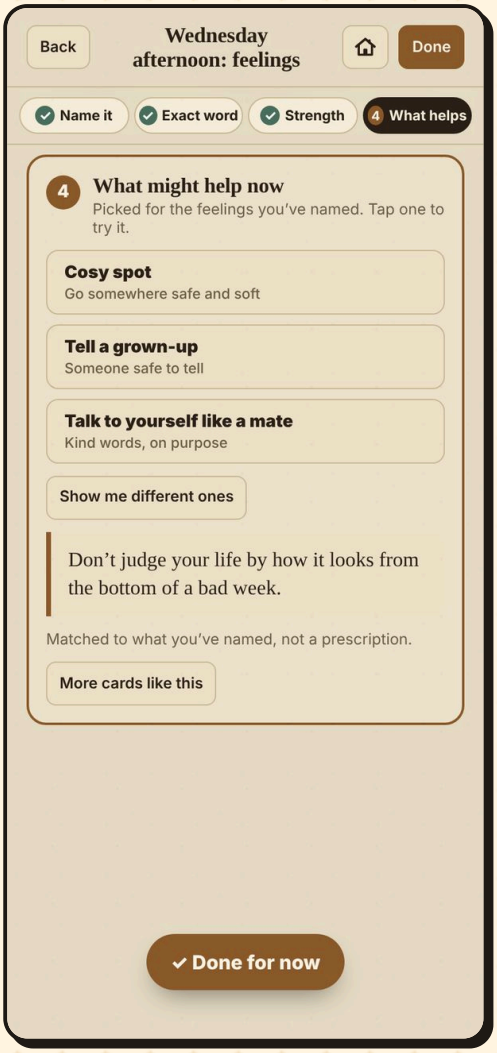
5 min **In the app.** In the feelings, tap Next to What helps: three kid cards matched to the feeling. Try one together.

2 min **Wrap up.** Each child says one way to ask a grown-up for what they need.

Say it like this

"Do you want a hug, or some space?" Two choices, not "What do you need?"

"Hungry, tired or thirsty makes every feeling louder."



What helps: kid cards like Cosy spot and Tell a grown-up.

Watch for

A child whose need is safety, again and again. That matters. Check in one to one and follow your procedure if you are worried.

Your own need. Running a group on empty is hard. Take the break you would give them.

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4. Next

The aim

Children choose one small next step for a feeling: work on it now, keep it safe for later, or let it go. Then they make a first box on their own.

You'll need: workbook page 5, colours, one device in kid mode.

Run it

3 min **Warm up.** Balloon breathing: breathe in to blow up a big balloon in your tummy, out slowly to let it down. Three times.

5 min **Teach.** Three places a feeling can go. The conveyor: work on it now. The basement: not today, safe and out of the way. The fire: let it go; what it taught us is kept.

8 min **Workbook page 5.** Draw a feeling into the box where it belongs. Write the grown-ups you can tell.

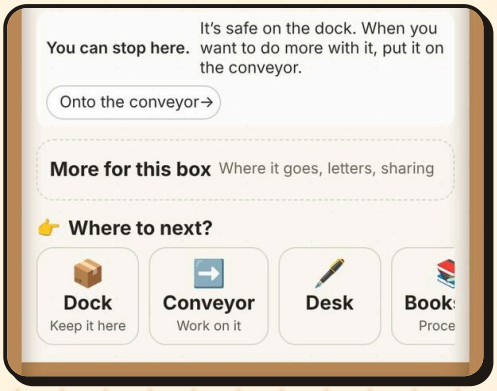
5 min **In the app.** Each child (or pair) makes a box from start to finish: size, feeling, what helps, where next.

2 min **Wrap up.** "That's a big one, I need a minute." Practise saying it out loud together. Send the note home.

Say it like this

"Put it in a box for now, we'll open it at the break."

"You can stop at any step. Every box counts, even one with no words."



Where to next? The dock, the conveyor, or later the fire.

Watch for

Basement boxes that never get opened. Come back to them, gently, one to one.

Note home

Your child learned Notice. Name. Need. Next. for big feelings. Ask to see their workbook, and try: "Is that small, big or really big?" and "Do you want a hug, or some space?" The free app is at box.tenxed.community, with a kid mode in More, My data, Kids and teens.

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