

EPISODE 4: HOW DO I... SUPPORT EMOTIONAL WELLBEING AND LITERACY?



This episode we spoke to Charlotte Allan and Amy Hall-Gibson about how to offer children opportunities to develop emotional literacy and wellbeing through drama, puppetry and storytelling.

Listen the episode, and find our resources, here: www.starcatchers.org.uk/episode-wellbeing

DISCUSSION QUESTIONS

Use these questions to structure a team development meeting, or reflect on your own practice.

- How do you currently explore emotions in your setting? Is it primarily through verbal conversations or non-verbal expression?
- Are there any particular "difficult" emotions, such as anger or sadness, that you often notice in your setting? Or around particular times?
- Is there a creative solution to these difficult times? E.g., a nursery that struggled with upset children during drop-off used puppets which children had to dance over to sign in for the day.

CREATIVE CHALLENGE

Find a book for wee ones that you already own in your setting, or home, and make a list of all the emotions it explores. Think about how you could explore those emotions - through your body, your face or a stuffed toy or puppet. If you need more inspiration, check out Magic Masks or Toys are Puppets!

FURTHER READING

Resources that tie into this episode

- [Children's Mental Health Week 2022: Growing Together](#)
- [Wee People, Big Feelings on the Starcatchers website](#)
- [The Story of You](#)
- [Last year's podcast on Children's Mental Health Week 2021: Express Yourself](#)
- [Emotional Literacy and Wellbeing Wee Inspirations idea cards](#)

LISTEN AGAIN

Revisit key ideas from [the podcast](#)

00:00: Children's Mental Health Week

01:18: Drama and playing with emotions

05:15: Storytelling and exploring feelings with the books you already have

13:38: Puppetry and communicating about big feelings