



# Our Learning

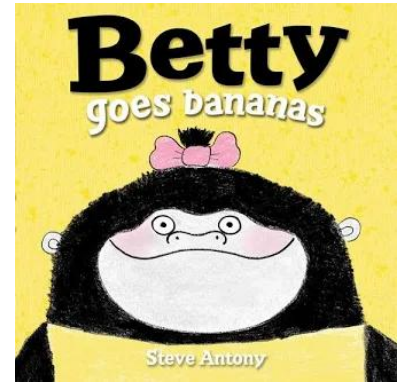


## This Week

8<sup>th</sup> June to the 12<sup>th</sup> June 2026

This week our Pre-Nursery children have been learning all about their emotions. They have enjoyed sharing books about feelings and have loved 'Betty goes Bananas' by Steve Antony. This book is all about how feeling frustrated or hungry can cause big emotions and how to calm down!

Our Pre-Nursery had a great time making faces at themselves in mirrors, using the zones of regulation visuals to help them to name the feeling that their face was showing!



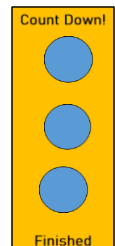
## The ZONES of Regulation



## At Nursery

One of our Pre-Nursery goals is 'Regulate.' We support our children's self-regulation throughout the year with directed activities and co-regulation. We model and support the children to recognise and name their feelings and emotions. Our team wear pinny's or utility belts that are full of fantastic visuals and resources that we use everyday!

Please ask one of the team if you'd like to know more.



## At home - Sharing!

Tiny Happy People have some great resources to help parents understand and support their child's emotional development, behaviour and wellbeing. These include recognising big feelings and how to recognise and understand our body language.

Please click on the link below-

<https://www.bbc.co.uk/tiny-happy-people/behaviour-and-wellbeing>

Our key words this week...

Face, feelings, emotion

Our key words next week...

Emotions, something different