FEELIT!

WHAT IS FEELIT?

A programme to help children better understand, express and regulate their feelings, increase self-awareness, and build stronger connections with others.

A practical, adaptable, and easy to use classroom resource that supports the teaching of emotional literacy from the Early Years

HOW DOES IT WORK?

The FEELIT Programme delivers a total of 84 feelings, at a pace of 12 per school year.

The feelings vocabulary builds in line with the social and emotional development of pupils at each stage and has been trialled in a number of mixed ability schools during early pilot stages.

FEELIT MAPPER

Central to the programme is the FEELIT Mapper, a device that helps categorise feelings into quadrants based on how pleasant they feel (in the body) and the energy level the feeling has.

By teaching children to recognise feelings this way, we help them develop skills in emotional literacy and self regulation.

HOW DO I GET STARTED?

Simply read the overview documents, acclimatise yourself with the format and slides, download the presentations or view from our digital platform, and press play. All resources are supplied, no training is required.

From lesson plans and slides, to teaching resources, activities and no-effort ways to weave the programme into core subject teaching you'll find everything you need already created for you (and already tested on hundreds of children).
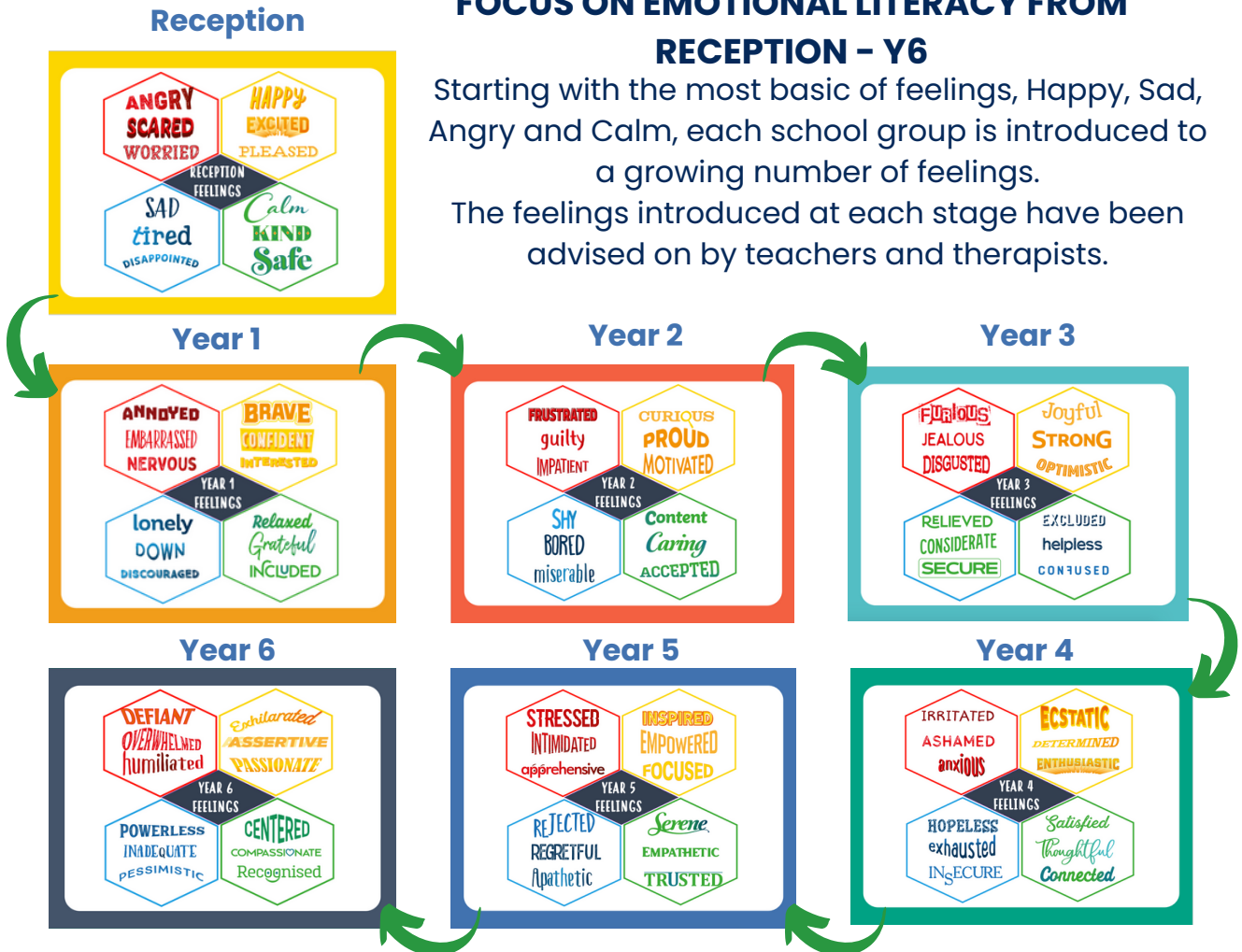
Requires as little as 10 minutes total a day - which can even be split across day parts.
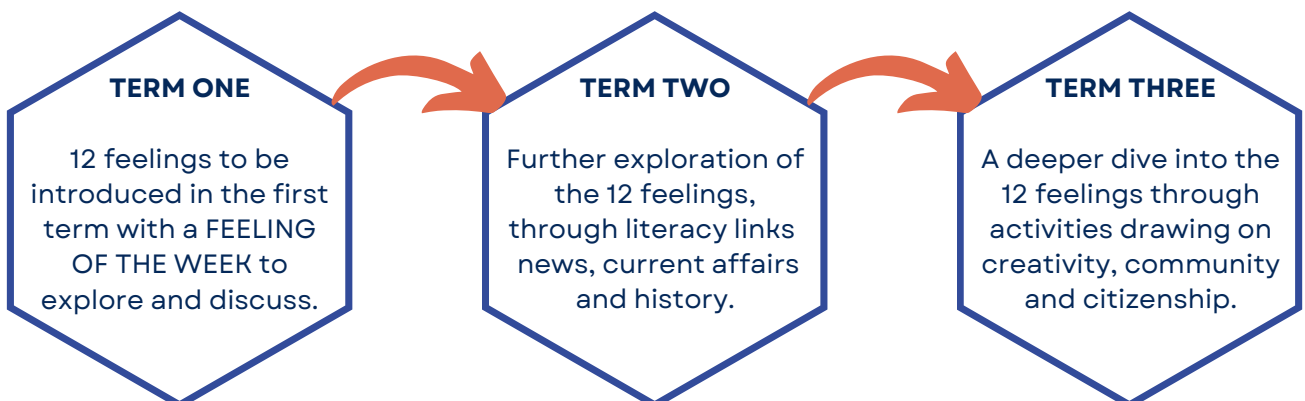
FEELIT PROGRAMME OVERVIEW

FOCUS ON EMOTIONAL LITERACY FROM RECEPTION – Y6

Starting with the most basic of feelings, Happy, Sad, Angry and Calm, each school group is introduced to a growing number of feelings.

The feelings introduced at each stage have been advised on by teachers and therapists.

Reception

RECEPTION FEELINGS
ANGRY SCARED WORRIED
HAPPY EXCITED PLEASED
SAD tired DISAPPOINTED
Calm KIND Safe

Year 1

YEAR 1 FEELINGS
ANNOYED EMBARRASSED NERVOUS
BRAVE CONFIDENT INTERESTED
lonely DOWN DISCOURAGED
Relaxed Grateful INCLUDED

Year 2

YEAR 2 FEELINGS
FRUSTRATED guilty IMPATIENT
CURIOUS PROUD MOTIVATED
SHY BORED miserable
Content Caring ACCEPTED

Year 3

YEAR 3 FEELINGS
FURIOUS JEALOUS DISGUSTED
Joyful STRONG OPTIMISTIC
RELIEVED CONSIDERATE SECURE
EXCLUDED helpless CONFUSED

Year 6

YEAR 6 FEELINGS
DEFIANT OVERWHELMED humiliated
Exhilarated ASSERTIVE PASSIONATE
POWERLESS INADEQUATE PESSIMISTIC
CENTERED COMPASSIONATE Recognised

Year 5

YEAR 5 FEELINGS
STRESSED INTIMIDATED apprehensive
INSPIRED EMPOWERED FOCUSED
REJECTED REGRETFUL Apathetic
Serene EMPATHETIC TRUSTED

Year 4

YEAR 4 FEELINGS
IRRITATED ASHAMED anxious
ECSTATIC DETERMINED ENTHUSIASTIC
HOPELESS exhausted INSECURE
Satisfied Thoughtful Connected

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Designed to create familiarity and routine, the structure of the programme is the same each year.

TERM ONE

12 feelings to be introduced in the first term with a FEELING OF THE WEEK to explore and discuss.

TERM TWO

Further exploration of the 12 feelings, through literacy links news, current affairs and history.

TERM THREE

A deeper dive into the 12 feelings through activities drawing on creativity, community and citizenship.

READY TO GO RESOURCES

PER YEAR PROGRAMME PLAN

Full lesson slides have been developed and designed and are supplied in digital format to be delivered straight to the class. `No additional work is required to create materials, simply follow the document, and lead your class forwards.

Files are all supplied in year group folders, broken down by term.

SUPPORT ACTIVITIES

All creative activities are supported by printable worksheets to accompany the digital presentation, When completed, these can be displayed around the school, or collected together to form a toolkit of ideas and strategies for the whole class. Printable certificates are provided for pupils as they complete each stage of the programme.
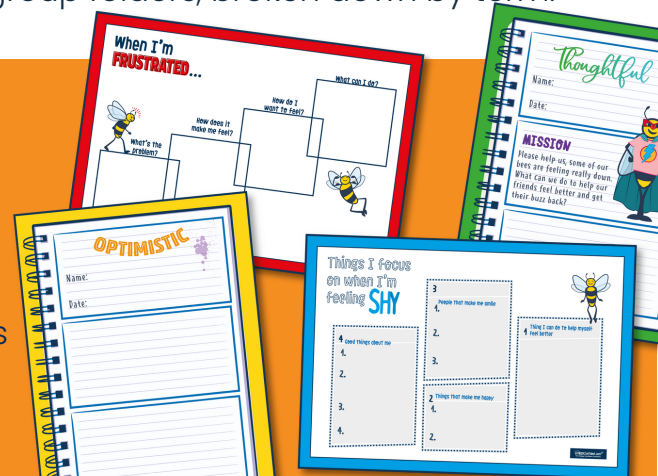
CLASSROOM RESOURCES

The FEELIT Mapper poster supports the programme at every stage. Used for feeling check ins and to aid discussion about feelings across KS2.

The FEELIT Promise Poster is a template for each class to use to create their own set of 'rules' to ensure that all classmates feel safe to express their feelings without judgement.

TEACHER TOOLS TO MANAGE CONFLICT

The FEELIT Fix provides a tool for teachers to work with groups of children to manage and resolve conflict using simple, easy to follow steps that provide a method that can be applied to any issues, worries or problems throughout all areas of their lives.

FEELIT CARDS

FEELIT Cards can be used to help children struggling to self-regulate. The pack provides them with an aid to better identify, name and articulate their feelings, exploring the impact their thoughts had on their feelings and interrogating their subsequent behaviours.

Cards are provided as printables to be cut out and laminated or packs can be ordered online.