



## Ottery St Mary Primary School

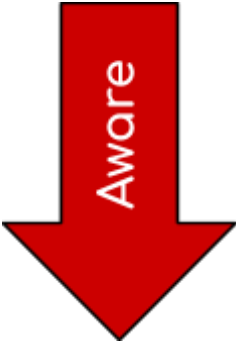
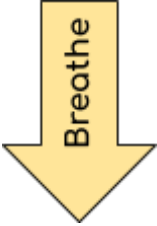
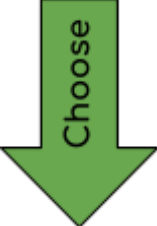
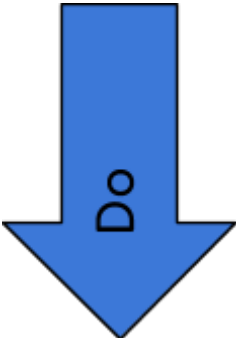
### Emotional Logic ABCD Worksheet

Following the Emotional Logic approach we use in school, this can help a child articulate their worry and could be used in conjunction with the suggested steps we discussed in 'positive steps for tackling anxieties'. For KS1 children this may be too wordy, but could help you to frame your conversation.

Remember, all emotions are useful because they help us to understand what we have lost. It is important to try to identify a SMART loss - something which the child will be able to regain through bargaining or accept and let go. For example, 'I feel lonely' could really mean the loss of friendship - this could feel like a big problem, too difficult to solve, however a SMART loss would be the loss of someone to talk to. This can be solved - you could write a list of people you can talk to, you can arrange a phone conversation, you could chat to a friend online.

Scaling emotions can be particularly helpful for children who are learning to understand their emotional responses to different situations. This can also be helpful if revisiting this worry later on - helping them to reflect on their progress.



|    | <p>I am feeling ...</p> <p>Scale your emotion</p> <table border="1" data-bbox="549 376 1362 600"> <thead> <tr> <th data-bbox="549 376 711 443">1</th> <th data-bbox="711 376 874 443">2</th> <th data-bbox="874 376 1037 443">3</th> <th data-bbox="1037 376 1200 443">4</th> <th data-bbox="1200 376 1362 443">5</th> </tr> </thead> <tbody> <tr> <td data-bbox="549 443 711 600">I'm not that bothered.</td> <td data-bbox="711 443 874 600">This sometimes bothers me.</td> <td data-bbox="874 443 1037 600">This is making me a bit worried.</td> <td data-bbox="1037 443 1200 600">I am finding this upsetting.</td> <td data-bbox="1200 443 1362 600">This might make me lose control.</td> </tr> </tbody> </table> | 1                                | 2                            | 3                                | 4 | 5 | I'm not that bothered. | This sometimes bothers me. | This is making me a bit worried. | I am finding this upsetting. | This might make me lose control. |
|---|---|----------------------------------|------------------------------|----------------------------------|---|---|------------------------|----------------------------|----------------------------------|------------------------------|----------------------------------|
| 1   | 2   | 3                                | 4                            | 5                                |   |   |                        |                            |                                  |                              |                                  |
| I'm not that bothered.  | This sometimes bothers me.  | This is making me a bit worried. | I am finding this upsetting. | This might make me lose control. |   |   |                        |                            |                                  |                              |                                  |
|    | <p>To help me breathe calmly I ...</p>  |                                  |                              |                                  |   |   |                        |                            |                                  |                              |                                  |
|   | <p>My safe place is ...</p>   |                                  |                              |                                  |   |   |                        |                            |                                  |                              |                                  |
|  | <p>I will remember that ...</p> <p>Things I can do that will help are:</p>  |                                  |                              |                                  |   |   |                        |                            |                                  |                              |                                  |