

# SOCIAL & EMOTIONAL LITERACY

## How Rest Easy meets the SEL requirements

### IDENTIFY EMOTIONS

Learning how to recognise emotions & naming them teaches emotional intelligence. Recognising emotions in others develops empathy & understanding.

### SELF-AWARENESS

Recognising emotions as waves helps us to accept that they will pass. Knowing our strengths & weaknesses develops resilience.

### EMOTIONAL LITERACY

Learning how to describe basic emotions & understanding the 3 levels of intensity provides a way of vocalising feelings & concerns.

### OVERCOMING DIFFICULTIES

Understanding how the brain works & what happens when we have strong waves of emotions enhances problem solving & conflict resolution.

### SELF-REGULATION

Knowing ourselves & our needs helps us to understand why we make the decisions we do.  
Creating a self-help strategy & setting goals nurtures confidence.  
Knowing when & how to ask for help encourages independence.

### SELF-MANAGEMENT

Stop & breathe encourages self-management & emotional regulation. Knowing we have a choice about what to do next provides options for modifying negative behaviour.

### RESPONSIBLE DECISION MAKING

Thinking about the opposite point of view helps us to develop a growth mindset. Making informed decisions based on a range of perspectives ensures positive outcomes.

### RELATIONSHIP SKILLS

Learning that people are unique & may have differing opinions teaches respect & helps us to work as a team.

### SOCIAL AWARENESS

Engaging awareness of ourselves, the moment, our surroundings & others helps us to develop empathy & understanding.

Recognise  
Emotions

Stop

Think

Engage

Awareness

Support

Yourself

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# WHOLE SCHOOL APPROACH

How Rest Easy meets the DfE core principles

