

Whitefield Infant School and Nursery 2022-23

Feel Good Friday

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Autumn 1	<u>4th September</u> Introduction to Feelings Usborne Big Book of feelings.	<u>11th September</u> Introduction to Feelings Usborne Big Book of feelings.	<u>18th September</u> Naming different feelings. Feelings -Libby Walden	<u>25th September</u> What do I do when I am worried? Ruby's Worry - Tom Percival	<u>2nd October</u> What do I do when I have a problem? The problem with problems - Rachel Rooney	<u>9th October</u> What is happy? A kids guide to - Feeling Happy When I'm feeling happy - Trace Morone	<u>16th October</u> How can we make ourselves happy? Find your happy - Emily Coxhead	
Autumn 2	<u>30th October</u> Excitement A kids guide to - Feeling Excited	<u>6th November</u> What is Sadness? When Sadness comes to call - Eva Eland When I'm feeling Sad - Trace Moroney	<u>13th November</u> Calmness How Do I feel - Calmness	<u>20th November</u> Calmness Calming strategies	<u>27th November</u> Feeling Disappointed When I'm feeling Dissapointed - Trace Moroney	<u>4th December</u> Anxiety The worrying Worries - Rachel Rooney Jeremy Worried about the Wind - Pamela Butchart	<u>11th December</u> Confidence Super Duper You	<u>18th December</u> Kindness Kindness - I'm almost always kind - Anna Milbourne When I'm feeling kind- Trace Morone
Spring 1	<u>8th January</u> Anger Barbara Throws a wobbler - Nadia Shireen When I'm feeling Angry - Trace Moroney	<u>15th January</u> What do I do if I feel angry? Anger strategies	<u>22nd January</u> Feeling afraid A kids guide to - Feeling Afraid When I'm feeling Sacred - Trace Moroney	<u>29th January</u> How can I have courage? Facing Fears Jabari Jumps - Gaia Cornwall	<u>5th February</u> Gratitude How Do I feel?			
Spring 2	<u>19th February</u> Feeling content How Do I feel?	<u>26th February</u> Jealousy A kids guide to - Feeling Jealous When I'm feeling Jealous - Trace Morone	<u>4th March</u> Feeling proud How Do I feel?	<u>11th March</u> Feeling lonely A kids guide to - Feeling Lonely When I'm feeling Lonely - Trace Moroney	<u>18th March</u> Feeling guilty Remorse How Do I feel?	<u>25th March</u> Feeling Nervous When I'm feeling Nervous - Trace Moroney		
Summer 1	<u>15th April</u> Feeling embarrassed A kids guide to - Feeling Embarrassed	<u>22nd April</u> Love When I'm feeling Love - Trace Moroney	<u>29th April</u> Hope How Do I feel?	<u>6th May</u> Feeling frustrated How Do I feel?	<u>13th May</u> Feeling wonder and surprise How Do I feel?	<u>20th May</u> Self confidence Affirmation cards		
Summer 2	<u>3rd June</u> Mindfulness Mindfulness strategies	<u>10th June</u> Feeling overwhelmed How Do I feel?	<u>17th June</u> How can I cope with Big feelings? How are you feeling today?	<u>24th June</u> Amusement and Laughter How Do I feel?	<u>1st July</u> Anticipation How Do I feel?	<u>8th July</u> Being Brave	<u>15th July</u> Saying Goodbye	

