



### KidSafe UK EYFS Session 2 of 6: Yucky feelings

Dear Parents/Carers,

In today's session we helped children become more aware of their feelings. We did group work to find out what makes children feel sad, scared and worried and what happens to their bodies when they are sad, scared or worried.

We gave a name for all these feelings - 'yucky feelings'. Children now have a word to describe how they are feeling if anything makes them feel sad, scared or worried.

Please take this opportunity to talk with your child about today's session and encourage them to tell you about what they have learnt and enjoyed in today's KidSafe.

We welcome any comments you or your child have in relation to this session.

Yours sincerely,

Head teacher

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