



# THE FEELINGS TEACHER RESOURCES



**Hi! I'm Inês Gomes,  
The Feelings Teacher.**

With over 20 years' experience supporting children, families, and schools, I specialise in emotional education, anxiety, and neurodiversity. My mission is to help adults truly understand and connect with their children.

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# CALM ROUTINES CHECKLIST



## HOW TO USE THIS CHECKLIST

- **Pick one routine per part of the day;** add a  when it works for your child;
- **Keep the guide at eye-level** so children can point to the next step;
- **Repeat daily for at least two weeks** – consistency reduces worry by making life more predictable.

## MORNING GROUNDING

- ☐ **Stretch & Yawn** – reach high, wiggle fingers, sigh out
- ☐ **Pick a feeling** – point to an emoji that matches now    
- ☐ **Hands Breathing** – hands breathing, follow with your fingers the other hand's fingers, slowly move up (breath in through your nose), hold at the top, move down (breath out through your mouth), hold at the bottom and continue SLOWLY
- ☐ **"Today I will..."** – child states one doable goal (e.g. "ask for help once")

## CLASSROOM / HOME-LEARNING RESET (mid-lesson or homework)



- ☐ **Chair push-ups** – push your body up by holding the side of the chairs stay there for 5 seconds, repeat it 5 times
- ☐ **Sensory Sip** – slow drink of cool water through a straw; notice the temperature
- ☐ **Roll downs** – with your legs slightly apart, roll down starting with your neck, one vertebra at a time until your head and arms are hanging down. Stay there for 2 breaths, breath out coming back up. Repeat 5 times.

## AFTER-SCHOOL UNWIND



- ☐ **Shoes off, Worries off** – place shoes in a basket, imagine worries dropping with them
- ☐ **Body Scan Story** – parent narrates: "Feel your toes ... calves ... tummy ..." while child lies on carpet.
- ☐ **Nature Glimpse** – 2-minute garden or window watch; label one sound, one colour.

## EVENING WIND-DOWN (bedtime)



- ☐ **Predictable Pattern** – Bath → Pyjamas → Story → Lights low. Same order nightly
- ☐ **"Tummy Stone" Breathing** – place a soft toy on tummy; watch it rise & fall 10 times.
- ☐ **Worry Box** – child writes/draws a worry, posts it in a decorated tissue box; box "sleeps" overnight
- ☐ **Gratitude Time** – say 5 things you are grateful for on this day. "I am grateful for waking up, not being sick, playing with my friends..."

