

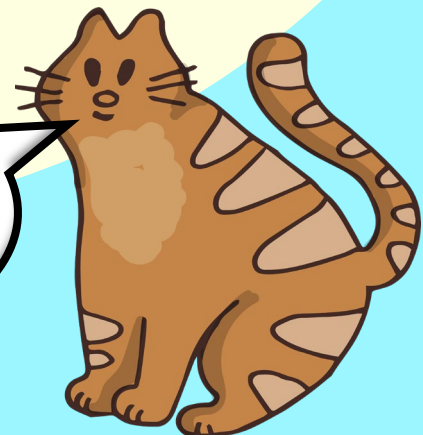
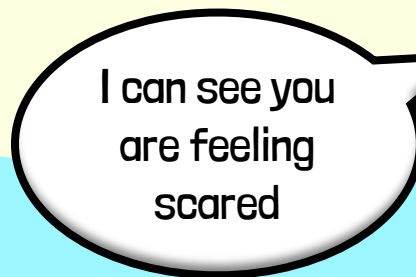
What does it mean to VALIDATE FEELINGS?



Validating feelings means acknowledging, accepting, and respecting the emotions that a pupil is experiencing.

It involves communicating to that pupil that their feelings are real, understandable, and legitimate.

Validation does not necessarily mean that you agree with the content of the feelings but rather you are recognising that the emotions of the pupil are valid and meaningful for THEM.



Acknowledging Feelings

Acknowledge the pupil's emotions directly.



Use phrases like

I am here to support you through this...

I understand this is difficult for you...

I am sorry you are going through this...

It sounds like you are experiencing...

I hear you...

It's ok not to be ok...

Your feelings matter to me

It's ok to feel the way you do...

It must be tough right now...



EMPATHY



Put yourself in the pupil's shoes and try to understand their perspective.



NON-JUDGEMENT

Avoid passing judgement on the pupil's feelings.

SUPPORT

Express your willingness to provide support. You will help them. Let the pupil know that you are there for them and that their feelings are important to you.

At Elso-Support we provide much **MORE** than just worksheets.

We provide **VALUABLE SUPPORT** to help you support children's wellbeing and mental health.

Our **COMMUNITY IS STRONG** and everyone supports each other.

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WE ARE HERE FOR YOU!

Together we will make a difference!



www.else-support.co.uk

Self esteem
Anxiety
Loss
Emotions
Bereavement
Social skills
Friendships

A large, stylized illustration of a yellow and black striped bee with blue wings and antennae, positioned at the end of the list of topics.