

Navigating Our Feelings with Nova the Owl

Be a feelings explorer: Observe, acknowledge, and understand your inner world!

- **Why is it important to recognise that feelings are temporary states of mind rather than permanent parts of who we are?**
- **How can showing empathy towards a peer's feelings help to create a more supportive and harmonious classroom community?**
- **In what ways can physical signs, such as a racing heart or tense shoulders, act as early warning signals for our emotions?**
- **Why might two different people feel completely opposite emotions when faced with the exact same situation?**
- **How does practising self-regulation strategies, like deep breathing or taking a quiet moment, change the way we respond to challenges?**

Did you know? Did you know? Nova the owl has discovered that when we name our feelings, the brain's emotional centre—the amygdala—actually calms down. This is called 'name it to tame it', a scientific way to help our minds feel balanced and ready to learn again!

Key vocabulary: Resilience · Empathy · Regulation · Perspective · Self-awareness · Confidence