Decider Skills

Helping children understand and manage their emotions

Working together to support wellbeing

What are Decider Skills?

Decider Skills are practical strategies that help children recognise, understand and manage their emotions. They teach children to pause, notice how they are feeling and choose a helpful response.



What do children learn?

- to recognise and name emotions
- to notice how feelings affect their body
- to understand the link between thoughts, feelings and behaviour
- to use calming and coping strategies
- to make positive choices when emotions feel strong
- to build resilience and confidence



How can Decider Skills help?

- supports children when they feel worried, angry, frustrated or overwhelmed
- helps children pause before reacting
- improves emotional regulation
- supports friendships and problem solving
- encourages children to communicate their feelings more effectively



Important message:

All feelings are OK – but we can choose what we do with them.

Why do we practise the skills when children are calm?

Children practise Decider Skills when they are calm so the strategies become familiar and easier to use when they really need them.



How can parents and carers help at home?

- ask your child which skill they have been learning
- encourage them to talk about their feelings
- remind them to use a strategy when emotions begin to build
- praise them for trying to manage difficult feelings positively
- model calm responses and positive ways to cope





Feel and name

Take a breath

Think

Choose

Move forward

Decider Skills give children a toolbox of strategies they can use at school, at home and in everyday life.