The app (once installed on a table/computer) will be offered to child or young person and he or she will able access the app/program independently, or with staff support/supervision as required.
The child or young person will be presented with a **range of**

- **shapes**
- **colours**
- **emotions** with associated **feelings** and corresponding **actions**.

The intention is for them finding the closest match to their **current mood** as well as the reasons for it (**what happened** to cause them to feel that way).
These will be presented through feeling words/ and/or short animation or video clips.
The app will then take them through a process of basic psycho education and then a brief (timed) activity/intervention before directing them back to e-engaging with their education.

The Thinking Space App

1 Host page

An App that will represent a virtual space teachers can direct students to, who are dysregulated and/or struggling in an emotional or behavioural sense.

Students will access the app through a tablet and self direct themselves to a number of scenarios, one of which will fit their mood and situation.

The app will then offer a number of interactive activities or strategies that the student can do to bring their emotions under control and re-engage with their learning.

4. Choose a word
(Core EMotions)

Angry

Disgusted

Fearful

Happy

Sad

Surprised

2. Choose shape

3. Choose colour

5.
(Core EMotions)

Angry

Meaning →

Disgusted

Fearful

Happy

Sad

Surprised

5a.
Associated Words

Let down
Humiliated
Bitter
Mad
Aggressive
Frustrated
Distant
Critical

5b.
Associated Actions

Lip-Tremble
Limp
Hiding
Hot
Scowl
Turning away
Flushed
Racing
Clenching
Tight jaw
Headache
Numb
Gut turning
Feeling Hot
Lip curled

6. Feeling Force

Choose a number between 1 – 10 to decide how strongly you are feeling that emotion

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
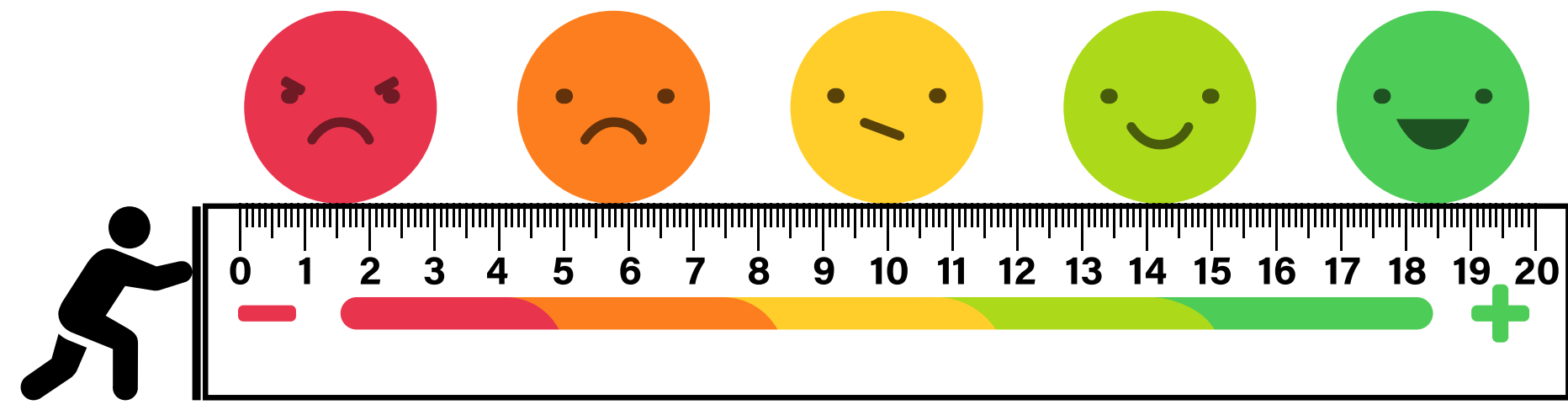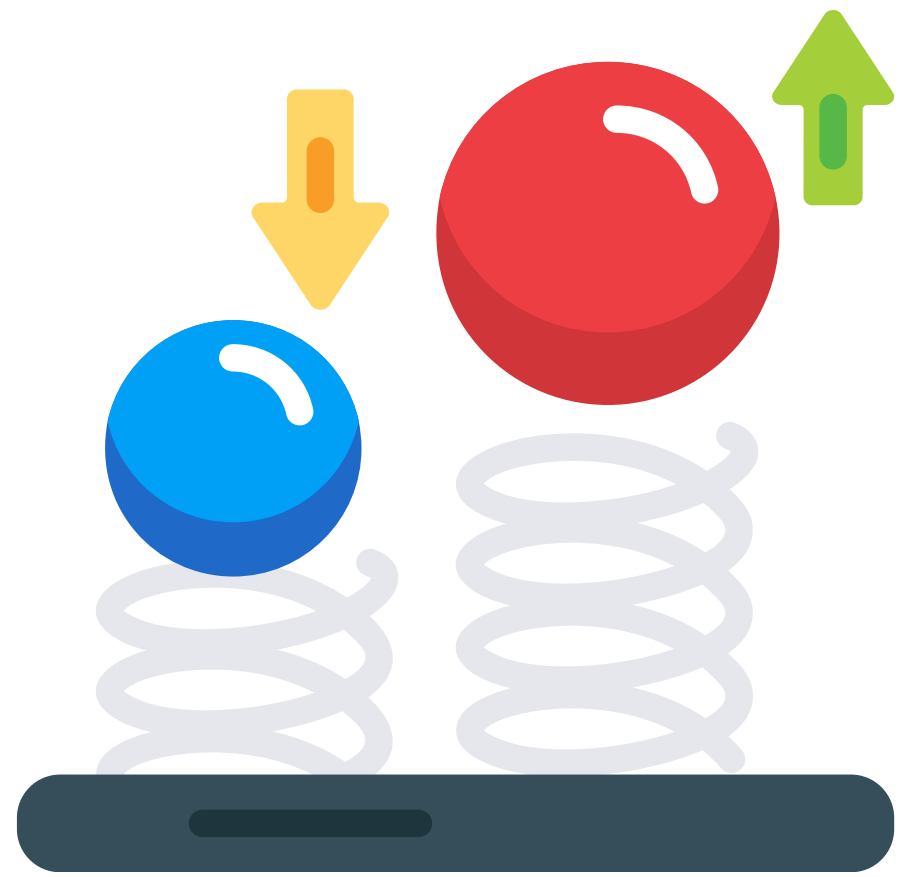
## 7. Mood matcher

Feeling "Snappy"?

Reasons

8. What happened?

1. at school
2. during breaktime?
3. in one of your lessons?
4. with a teacher?
5. between you and your friends?
6. has something happened
7. before coming to school?
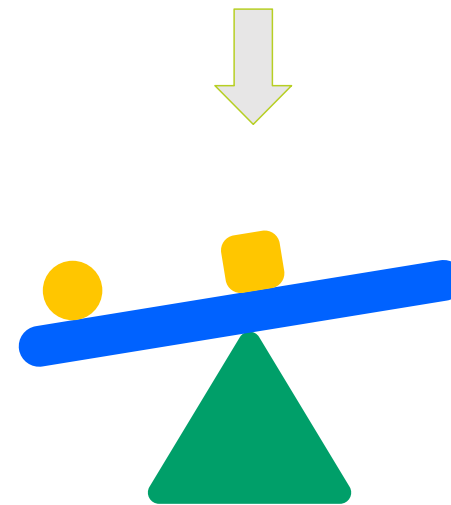8. on the way to school?
9. online

Insight

9. Weighing things up

How you are feeling or thinking is what we need to work on together. If you only think about things you are unhappy with it makes it harder to get out of that bad mood.
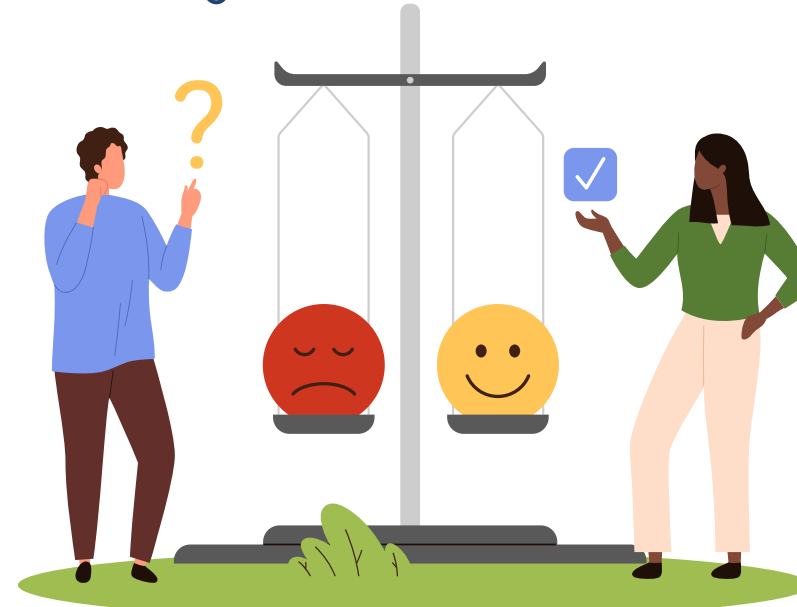
We need to 'weigh' the good and not just the bad if we want to start feeling better again…

10. Pluses and minuses

What are the positives and negatives? Write now.

The Thinking Space App

11.

Timed intervention

Activity 1 → Feelings based Word Search

Activity 2 → Play Hangman

Activity 3 → Complete the quiz

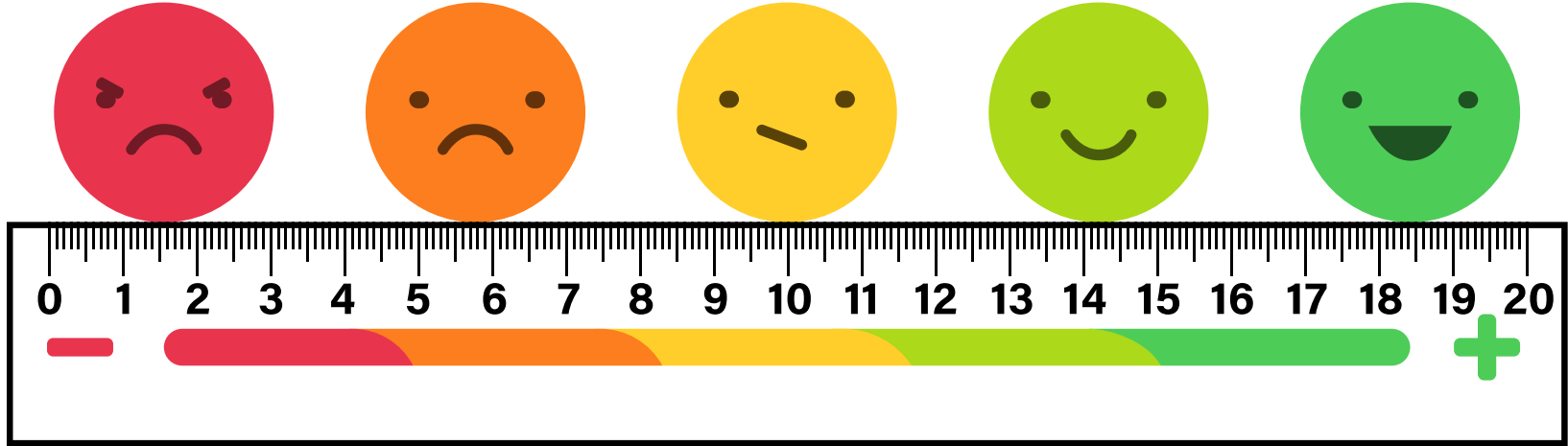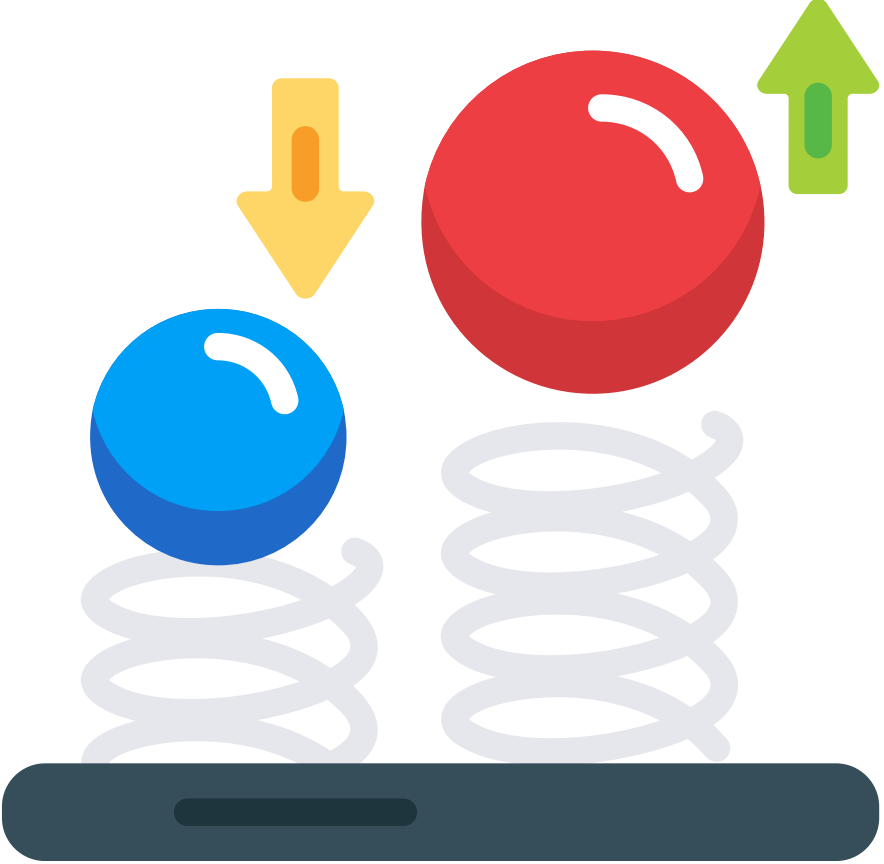**Activity 4** → Feelings Families

12. Re-Scaling

Feeling better? Let's choose a number again between 1 – 10 to decide how you are feeling now.

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

13. Re-engaging

What would help now?

Return to learning
Speak to a teacher
Own idea