

Nursery

Exploring Emotions Through Stories

The **STORY
PROJECT**

A story-led wellbeing programme to help nursery children explore, understand and manage their feelings.



How does it work?

- 8 units to choose from, each focusing on a key emotion: happy, angry, brave, sad, scared, worried, excited, proud.
- Each unit is designed around a carefully chosen picture book and comes fully resourced with accompanying planning.
- 6 short sessions per unit (approximately 15 minutes).
- A mix of small group teaching, adult-led activities and continuous provision

What Children Gain

Each unit builds children's understanding step by step, so that children can:

- Recognise the emotion
- Show what the feeling looks like
- Talk about when it might happen
- Learn ways to manage the feeling
- Recognise it in others
- Understand why each feeling matters

“Engaging, fun and carefully sequenced”

The impact:

- Increased empathy for others
- Vocabulary to explain how they feel
- A greater understanding of emotions
- Confidence ready for school



What Teachers Gain

- A ready-to-use framework that saves planning time.
- Support for developing emotional vocabulary, self-regulation and empathy.
- Stronger classroom relationships and a calmer, more connected environment
- Alignment with the EYFS Framework, Development Matters, and Early Learning Goals.



“fantastic”

100% agree

it has a positive impact on children's emotional development

100% agree

it reduces planning time and workload



story-project.co.uk



info@story-project.co.uk