

# Reboot News



HODSE - Mrs Jack

## **Dear Parents and Guardians,**

This fortnight, we are continuing to build emotional literacy by exploring Face 2 of the Reboot 5 Faces of Regulation. This is the orange face.



## **What is Face 2?**

When children express that they are “feeling a 2” it represents a state where children might feel sad, lonely, guilty, embarrassed, ashamed, anxious, or confused. In this state, students may appear quiet, withdrawn, teary, or unsure. While these feelings don’t always lead to unsafe behaviour, they can deeply affect a child’s ability to learn, focus, and feel confident in themselves.

## **What are we teaching students?**

- That it’s normal to feel low, sad, or worried sometimes. These feelings are part of being human.
- How to notice the body cues that come with “feeling a 2” (e.g., heavy shoulders, tight chest, quiet voice, wobbly tummy).
- How to name these feelings so they don’t stay bottled up.
- Strategies that support children to ‘Cross the Line of Opportunity’ and reconnect with others, like asking for help, moving their body, or using calming visuals.
- Using tools such as the Web Maker, Power With, High-5, and the Positive Change Highway to help them safely shift into a more regulated, connected state.

## **How can parents support at home?**

- If you notice that your child may present as sad, worried, or be feeling left out. Gently ask your child how they are feeling and guide them to explain that they’re feeling a 2.
- Let them know it’s okay to feel this way and that they’re not alone.
- Encourage small actions that can help shift the feeling (cuddles, connection, talking, movement, or quiet time.)
- Remind them of their safe people that they can talk to and rely on when they feel below the Line of Opportunity’.

Together, we can help children build emotional awareness and confidence to manage life’s ups and downs. Thank you for continuing to support your child’s emotional growth and wellbeing.