

The Decider Skills

Information for Parents to help discuss skills with their children

Portree Primary School have been learning about the Decider Skills all of Term 3

Please use the information below to enhance your understanding when your child discusses the skills.

There are 12 Decider Life Skills



The main aim of the Decider Skills is-

To provide children, young people and adults with the skills to recognise their own thoughts, feelings and behaviours, and to monitor and manage their own emotions and mental health.

Please read the following basic information about each skill during the week that it has been noted to discuss with your child. If you would like more detailed information click <https://www.thedecider.org.uk/>

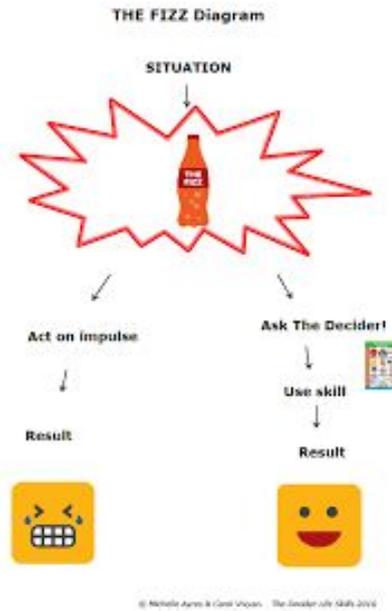
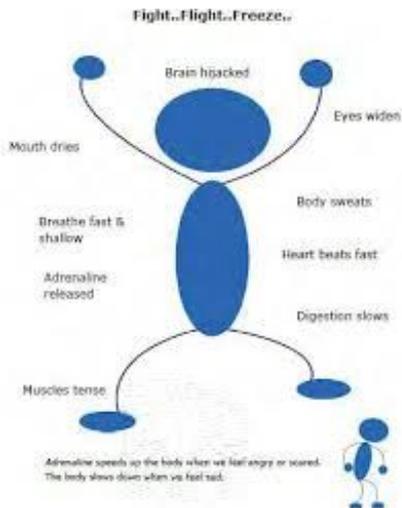
Week 1

At Portree Primary we started by explaining 'The Fizz'



- The 'Fizz' is central to the Decider Skills
- A situation happens and our body reacts ('The Fizz')
- We shook a bottle and discussed what would happen if we opened it
- Children learn to recognise when they are feeling 'The Fizz'
- We can choose what to do rather than acting impulsively

- Instead of exploding children choose a Decider skill to change their reaction.
- Recognising when we are feeling 'The Fizz' will secure a better outcome.



Week 2

STOPP

TAKE A BREATH

OBSERVE: What am I thinking?
What am I reacting to?
What am I feeling in my body?

PULL BACK: Put in some perspective. See the bigger picture. Is this fact or opinion? How would someone else see this?

PRACTISE WHAT WORKS: What's the best thing to do for me, for others, for this situation?



When a situation happens always start with the STOPP technique.

Week 3



By saying to your child 'It will pass' helps children to accept that sometimes we cannot change a situation, and all we can do is keep going. The emotion will pass.

IT WILL PASS

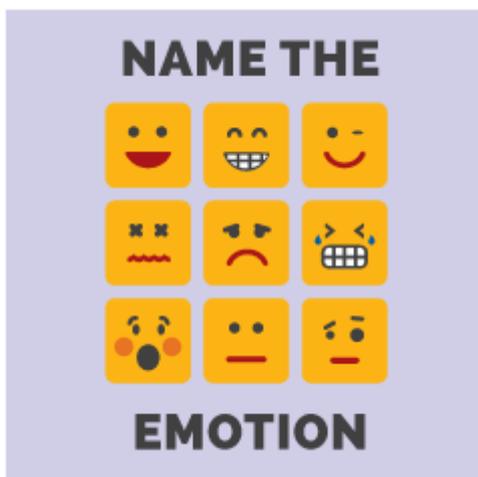
Week 4



'Right Now' is a grounding technique which uses 54321 to look outside of ourselves to reduce stress.

5	Things I can see/imagine right now
4	Things I can hear/imagine right now
3	Things I can touch/imagine right now
2	Things I can smell/imagine right now
1	Deep slow breath, the focus on your breath

Week 5



'Name the Emotion' skill helps us to identify the emotions we are feeling and then to react positively.

If your child is experiencing an emotion get them to try and name the emotion. Tell them it's okay to have that emotion, it's how they deal with the emotion is important.

Week 6



OPPOSITE ACTION

'Opposite Action' skill encourages us to do the opposite to our emotional urge to react.

Examples

- 1) Sometimes you don't feel like getting out of bed but you feel so much better if you get up.
- 2) Sometimes you don't want to exercise but feel so much better when you do.
- 3) Sometimes you want to get really angry at your brother/sister but things are so much better if you don't react.