

Feel, Enjoy, Learn, Thanks

FELT is an emotional literacy approach developed by Dr Linda Mallory, an Educational Psychologist and parent.

It is designed to develop children's awareness of their thoughts and feelings, without judging them, as 'good,' 'bad,' 'right,' 'wrong,' 'better,' or 'worse.' This helps children notice where thoughts and feelings are coming from and the nature of experience.

As humans we are living in the feeling of our thoughts. We feel our thinking. Noticing our thoughts and feelings without judgement helps us to normalise our whole range of emotions. FELT focusses on the practice of being aware of our thoughts by encouraging us to notice our feelings (F), what we enjoy (E), what we learn (L) and what we are thankful for (T).



FELT focuses on four areas...

'F' is for Feel and is a space to allow ourselves to reflect on how we are feeling. Noticing our emotions helps us to understand it is just thought. Knowing that we have a range of emotions and thoughts come and go helps us to notice more peace and calm.

'E' is for enjoy and is an opportunity to reflect on what we have enjoyed during the day or what we are enjoying right now. When we allow ourselves to notice joy and enjoy an experience, we are happier, productive and creative.

'L' is for Learn and allows for an opportunity to reflect on what we have learnt during the day. Learning about our strengths and needs help us get to know ourselves better. Uncovering more about what we learn about ourselves helps us to be more accepting and confident in who we are.

'T' is for Thanks and is a way of focusing on what we are grateful for in our lives. When we are more thankful we are healthier, happier and more connected with our friends and family.

FELT can be easily incorporated into everyday situations. Taking the time each day to share what we have felt, enjoyed, learnt and give thanks for can help to uncover innate emotional wellbeing and help us to...

- Become more aware of our relationship with emotions and thoughts
- Accept our thoughts and feelings
- Understand ourselves and others more fully
- Reduce stress and anxiety and notice more love, joy and peace in our lives.

Enjoy!

Dr Linda Mallory

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