

MANAGING EMOTIONS & BEHAVIORS



Meeting #3

ACTIVITIES YOU CAN DO AT HOME

- Make sensory calm-down bottles at home



- Reread the book, “Riley the Brave” and try the activities in the back of the book
- Teach children to use “I feel...” statements:
“I feel sad”
“I’m feeling happy”
“I see you look like something is bothering you”
“How can I help?”
- Watch the movie **Inside Out**
- Watch the movie **Trolls**

Understanding Emotions and Behaviors

“So, what are some ways we can help children understand and manage, feelings and emotions?”

Talk & listen: Discuss feelings and emotions as they arise, not to lecture but to give your child important information about connecting how they feel to how they are reacting and also what they are observing in others. Research shows us that there is a really healthy link between having emotions, feeling emotions, and cognitively identifying emotions. Dr. Dan Siegel explained it along the lines of “if you can name it you can tame it”.

Respect & Don’t minimize: Don’t squash children’s feelings and avoid telling them how they *should* feel. It’s not helpful to tell a child “this isn’t scary, don’t be afraid” and “this is nothing, don’t be sad” for example. Everyone’s feelings and reactions are different and valid. If we tell children how to feel and that differs from what they are actually feeling they will begin to feel confused about their own feelings and stop trusting their internal cues.”

Positive Parenting Connection

<https://www.positiveparentingconnection.net/helping-young-children-understand-and-manage-feelings-emotions/>

In today’s class we:

- Read the book, “Riley the Brave” by Jess Sinarski
- We asked comprehensive questions about Riley’s experiences. The class each chose a character and made a face mask.
- Read the book, “My Many Colored Days” by Dr. Seuss
- Each child Chose a silhouette figure, which matched each child to their liking. They are asked to recreate a version of themselves and how they are feeling in that moment.



“Safe friends and big critters will help YOU feel safe”
