

Summary of the Lesson

It is okay to feel ALL emotions as long as we are showing them
in a healthy way

Our BIG emotions are: **Anger**, **Fear**, **Sadness**, **Disgust**, and **Joy**

We need to let our emotions out when we are feeling them just
a little bit

We do not want to **POP** like a balloon!

We do this by using a coping strategy

A coping strategy helps us feel calm

We will be happy and are able to learn and to listen

The Challenge: Think of 3 coping strategies you already have

Calming down before we **POP!**

Resources for Parents

Emotion Coaching: One of the Most Important Parenting Practices in the History of the Universe: This article breaks Emotion Coaching down into 3 steps: 1) Label and validate the emotions you see 2) Deal with the misbehavior if you need to 3) Help your child solve the problem

https://greatergood.berkeley.edu/article/item/emotion_coaching_one_of_the_most_important_parenting_practices_in_the_histo

5 Steps to Help Kids Learn to Control their Emotions: Gives us 5 steps to help kids learn to control their emotions. 1) Model healthy emotional self-management by resisting our own “little tantrums” such as yelling 2) Prioritize a deep nurturing connection 3) Accept our child’s feelings, even if they are inconvenient 4) Guide behavior but resist the urge to punish 5) Help our child feel safe enough to feel their emotions, even while we limit his actions

<https://www.psychologytoday.com/ca/blog/peaceful-parents-happy-kids/201307/5-steps-help-kids-learn-control-their-emotions>

Teaching Feelings and Emotions: 30+ Best Resources to Use with Kids: Includes posters, game ideas and activities to help children effectively manage their feelings and emotions.

<https://childhood101.com/managing-big-emotions-best-resources-to-use-with-kids/>

Calming down before we **POP!**

Coping Strategies

Take a look through the list of coping strategies and circle which strategies you have used when you are feeling a big emotion. Our big emotions are: Fear, Anger, Disgust, Sadness, and Joy!

- Ask to take a break
- Take 10 deep breaths
- Ask to be alone
- Go for a walk
- Go play your favorite sport
- Write your feelings down in a journal
- Talk to someone about how you are feeling
- Call someone you miss
- Stand up and stretch
- Close your eyes and think of your favorite place
- Do 10 jumping jacks
- Draw a picture of how you are feeling
- Think of something funny or that makes you smile
- Think of a happy memory
- Play with playdough
- Say "I can do this"
- Write down what you are thankful for
- Write a story sharing your feelings
- Ask for a hug
- Do something you love
- Rest or go to sleep
- Play outside
- Play with a friend
- Do something kind
- Play with a pet
- Be out in nature
- Play your favorite game
- Blow bubbles
- Play freeze dance
- Read a book
- Exercise
- Drink some cold water
- Listen to relaxing music
- Talk to an adult
- Use a stress ball
- Color or draw

Calming down before we **POP!**

Think of some of the emotions you feel a lot. Which coping strategies could you use to help you feel calm when you are feeling that emotion? Place the coping strategy in the balloon. Can you use the same coping strategy for more than one emotion? Remember, it is important that we practice using a coping strategy when we are feeling that emotion just a little bit.

Emotion:

Coping Strategies

Emotion:

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Emotion:

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Coping Strategies

Calming down before we **POP!**