

Emotions

Emotions. They can sometimes be tricky to manage or even identify. Sometimes they can leave us feeling overwhelmed, anxious and frustrated. As we begin this new stage of distance learning, we will begin to experience a new wave of emotions, and having the right tools available will not only allow us to better understand our situation, but also give our students the opportunity to grow in a new way. Many of our families are juggling working and teaching from home which comes with managing not only their thoughts and feelings, but the thoughts and feelings of their children. One way we can help is by providing specific strategies to help with self/emotional-regulation.

What is self or emotional regulation? It is when someone is able to identify when they are upset, how to calm down, and control their reactions. Some students need help identifying situations that cause them frustration as well as the best ways to cope with their emotions. Many different methods can be used to help students pass through feelings of frustration or anger. Students can easily identify with these methods through books or videos that appropriately model these concepts to help them understand the different ways to overcome some of their overwhelming emotions.

Below are some short videos to help children identify what certain emotions look like in themselves and others.

What is Social Emotional Learning?

<https://www.youtube.com/watch?v=KUk0woHA8Gs>

Emotional Intelligence

<https://www.youtube.com/watch?v=wUdfbJEAY8>

Self-Regulation Skills

https://www.youtube.com/watch?v=YxC_Q8zE0SU

Identifying emotions verbally is hard (even for many adults). Below is a Feelings Chart to help children express and communicate with the adults in their lives. By simply pointing to or moving an arrow up or down the feelings chart, your child can indicate when they are starting to have a problem. The goal of a Feeling Chart is to prevent further escalation or frustration by guiding them to a set of preplanned activities to calm down. By teaching them to recognize that these activities are available when they reach a 3, they can resume a feeling of security that will allow for continued learning and success.

Calming Activities:

- Breathing
- Counting
- Coloring
- Rolling up in a blanket
- Taking a walk
- Listening to music
- Building Blocks
- Play-doh
- Puzzles
- Fidgets
- Stuffed animals
- Reading
- Videos
- Wall push ups

| Calm Down Chart | | | |
|-----------------|---|--|---------------|
| Describe | | How I feel | What I can do |
| | 5 |  I need some help! | |
| | 4 |  I'm really upset. | |
| | 3 |  I've got a problem. | |
| | 2 |  Things are pretty good. | |
| | 1 |  Feeling great! | |

Quick recap:

- Feelings & Communication
 - When children become stressed or upset, it may be difficult or almost impossible for them to express themselves in words.
 - Parents can help their children communicate by having them either point to the picture that matches their feelings or write/draw what they are feeling, if possible.
- Parents
 - Parents are dealing with isolation, finances, chores, work and teaching. Now more than ever, parents need to try to take care of themselves as they adjust to this new set of circumstances. Try your best to decrease your own stress and practice some of the same calming strategies that your child may use. You can model for your child how to say calm and feel the benefits yourself. Adults often de-stress in the following ways.
 - Breath
 - Take a walk
 - Listen to music
 - Time for hobbies
 - draw/paint
 - Call a friend
 - Rest

