

LEARNING OBJECTIVES

The purpose of this lesson is to help children deal with emotions in healthy ways once they know what they are feeling.



LESSON CONTENT

Being able to identify big problems and small problems helps us respond in healthier ways. Naming our feelings is the first step to managing them. Once we know what we are feeling we can use different strategies to calm ourselves down and work through them. This helps us keep our relationships healthy too!

STRATEGIES

- Give yourself permission to feel.
- Label problems as big or small.

CONVERSATION STARTERS

- What are some things you can do to calm yourself down when you feel upset?
- How can you keep your big emotions under control without hurting others around you?
- Why is it important to feel your emotions instead of stopping them?

EXTENDING THE LEARNING

- Look up kid-friendly breathing or mindfulness exercises on the Calm Youtube channel. Invite your family to participate. Pay attention to how your breathing and heartbeat changes.
- Create a piece of artwork that represents a big emotion that you have felt recently. Show it to your family and explain how you moved past those feelings.