Managing Emotions



List of emotions

Slide

afraid
proud
hurt
disappointed
embarrassed
serious
scared
nervous
furious
bothered
rejected
bored
inferior
close
competitive
affectionate
suspicious
tired

angry
excited
happy
sad
delighted
humorous
anxious
ashamed
relieved
silly
lonely
hopeful
superior
belonging
satisfied
fearful
distant
idealistic

pleased
surprised
worried
depressed
confused
jealous
shy
guilt
shocked
frustrated
loving
attracted
respected
defensive
free
trusting
joyful
pessimistic

Examples of positive self-talk:

- "Take three breaths"
- "Think happy"
- "I am not going to let it get to me"
- "I can handle this"
- "I can calm down"
- "I have other friends that I can play with"
- "He didn't do it on purpose, it was an accident"
- "Everyone makes mistakes. No one is perfect. I will do it better next time"
- "With more practice, I will get it"
- "I'll calm down and use my brave talk"
- "I'll feel happier in a little while"



REFRIGERATOR NOTES

PROMOTING YOUR CHILD'S SELF-REGULATIONS SKILLS



- Try to understand what your child is feeling and wanting
- Describe your child's feelings (don't ask him what he is feeling because he is unlikely to have the words to tell you)
- Label your child's positive feelings more often than his negative feelings
- Praise your child for self-regulation skills such as staying calm, trying again when frustrated, waiting a turn, and using words
- Support your child when he is frustrated
- Model and give your child the words to use to express his needs (e.g., "you can ask her for the truck")
- Help your child learn ways to self-regulate such as taking a deep breath
- Model feeling language yourself. For example, "I am proud of you," or "I'm having fun playing with you."

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Refrigerator Notes
Facilitating Children's Emotion Learning:
Parents as "Emotion Coaches"



Describing children's feelings is a powerful way to strengthen your child's emotional literacy. Once children have emotion language, they will be able to better regulate their own emotions because they can tell you how they feel. The following is a list of emotions that can be commented upon when playing with a child. Use this checklist to practice describing your child's emotions.

Feelings/Emotional Literacy	Examples
_____ happy _____ frustrated _____ calm _____ proud _____ excited _____ pleased _____ sad _____ helpful _____ worried _____ confident _____ patient _____ having fun _____ jealous _____ forgiving _____ caring _____ curious _____ angry _____ mad _____ interested _____ embarrassed	• "That is frustrating, and you are staying calm and trying to do that again." • "You look proud of that drawing." • "You seem confident when reading that story." • "You are so patient. Even though it fell down twice, you just keep trying to see how you can make it taller. You must feel pleased with yourself for being so patient." • "You look like you are having fun playing with your friend, and he looks like he enjoys doing this with you." • "You are so curious. You are trying out every way you think that can go together." • "You are forgiving of your friend because you know it was a mistake."

Modeling Feeling Talk and Sharing Feelings

- "I am proud of you for solving that problem."
- "I am really having fun playing with you."
- "I was nervous it would fall down, but you were careful and patient, and your plan worked."

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ES OF PASSAGE

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Emotional rite of passage

Developed by Ronald F Johnson

We need to help our children learn to identify, label and express a wide range of emotions. We need to teach our children it is not important 'which' emotion they express that is important, but rather 'how' it is expressed. (It is one thing to tell someone you are angry or upset and another thing to scream and slam a door.) Our children need to learn ways of managing anger so they can channel their emotions in a way that is acceptable to the family and community and that will not contribute to a potentially 'explosive' situation.

1. Help your child understand the value of empathy and develop this ability.

2. Help your child understand the value of managing anger and develop this ability.

3. Help your child understand the value of solving problems and develop this ability.

4. Help your child learn to initiate, develop and sustain relationships with various people in the community.

   Elders, adults, younger children, peers

5. Help your child understand the differences between virtual/online and face to face relationships.

6. Help your child develop and manage romantic relationships.

7. Help your child develop into a whole being.

   Spiritual, emotional, physical, mental

Activities to strengthen emotional literacy

1. Carry out a family activity where someone picks an emotion and acts it out for the others to guess
2. Discuss with your child the last time that you felt a particular emotion
3. Discuss with your child the people, places, food, activities that you like and dislike. Discuss the similarities and differences
4. Together with your child look through a magazine and find pictures of people expressing different emotions
5. Discuss with your child 3 different ways that he/she could make a new friend
6. Tell your child how you feel about him/her and encourage him to do the same with others
7. Discuss with your child how they might express concern to someone who is feeling bad
8. Plan and carry out a family activity that can reduce stress

Relaxation techniques

Visual relaxation

Close your eyes
Breathe deeply and slowly
Think of a pleasant peaceful place
Put yourself in that place
Use all of your senses, one at a time *(sight, sound, smell, taste, touch)*
Hold the image as long as possible

Physical relaxation

Take 15 minutes - find a peaceful, quiet place
Breathe deeply and slowly
Begin 'tensing up' different muscles (eg, right hand, left hand, right arm, left arm)
Hold to the count of '8'
Slowly release the tension - to the count of '8'
Relax each muscle in your body (face, neck, shoulders, back, stomach, legs, feet)

Deep breathing, meditation

Take a few minutes - find a peaceful, quiet place
Breathe deeply and slowly
Begin to focus your concentration in one direction
- you can use a word, sound, or object
- you can clear your mind of all thoughts *(imagine a thought is floating away when it comes)*

Hold your concentration as long as possible