



Positive Solutions for Families

Session 5: Teach Me About My Emotions

February 26, 2025



What's Happening Today?

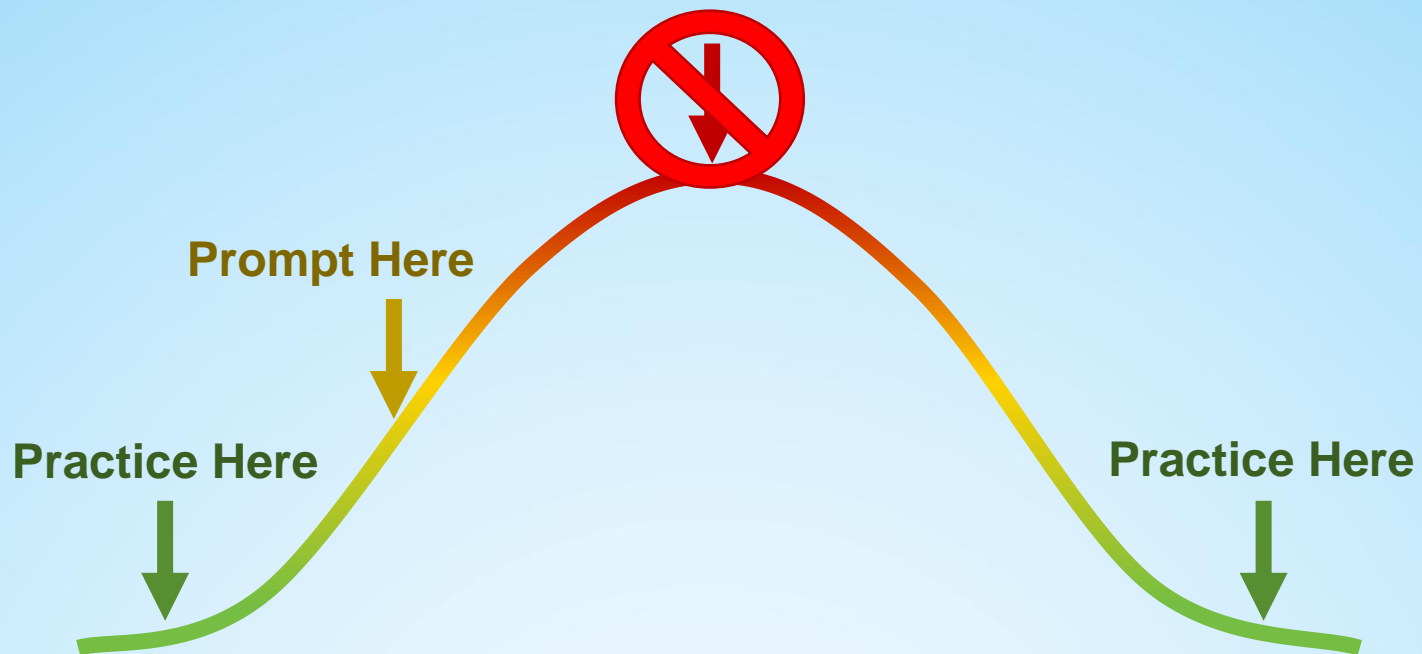


- ✓ Teach Me What to Do:
Why, When and How
 - ✓ Labeling Feelings/Emotions
 - ✓ Emotional Literacy – Labeling Feelings
 - ✓ Controlling Anger and Handling Disappointment
- ✓ Problem Solving



This is When We Teach

Teach **before** there is problem behavior



Emotional Literacy

The ability to recognize, label, and understand feeling in one's self and others.



What Emotion Words Does Your Child Know?



Affectionate
Cariñoso(a)



Bored
Aburrido(a)



Brave
Valiente



Calm
Calmado(a)



Cheerful
Alegre



Comfortable
CÓmodo(a)



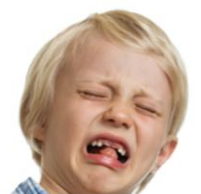
Creative
Creativo(a)



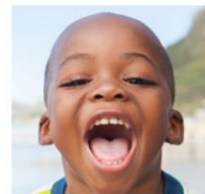
Curious
Curioso(a)



Disappointed
Decepcionado(a)



Disgusted
Asqueado(a)



Excited
Emocionado(a)



Embarrassed
Avergonzado(a)



Feeling Faces



This Is How I Feel Today



Read a Book

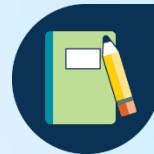
- Use fun voices to show emotion
- Have your child point out emotions on characters
- Ask questions and talk:
 - How did the boy feel?
 - What makes you scared?
 - Show me your scared face.





Emotional Literacy

- Select 2-3 new emotions you want to teach
- for our young two year olds:
- Add a few ideas of how you will teach them



Activity 2





Tucker Turtle Takes Time to Tuck and Think

A scripted story to assist with
teaching the “Turtle Technique”

By Rochelle Lentini, Lindsay N. Giroux
and Mary Louise Hemmeter

ChallengingBehavior.org

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Tucker Turtle is a terrific turtle. He likes to play with his friends at Sunny Stream School.



Sometimes, things happen that make Tucker really mad.



It used to be that when Tucker got mad, he would hit, kick, or yell at his friends. His friends would get sad and scared.



Tucker now knows a new way to
stay calm when he gets mad.



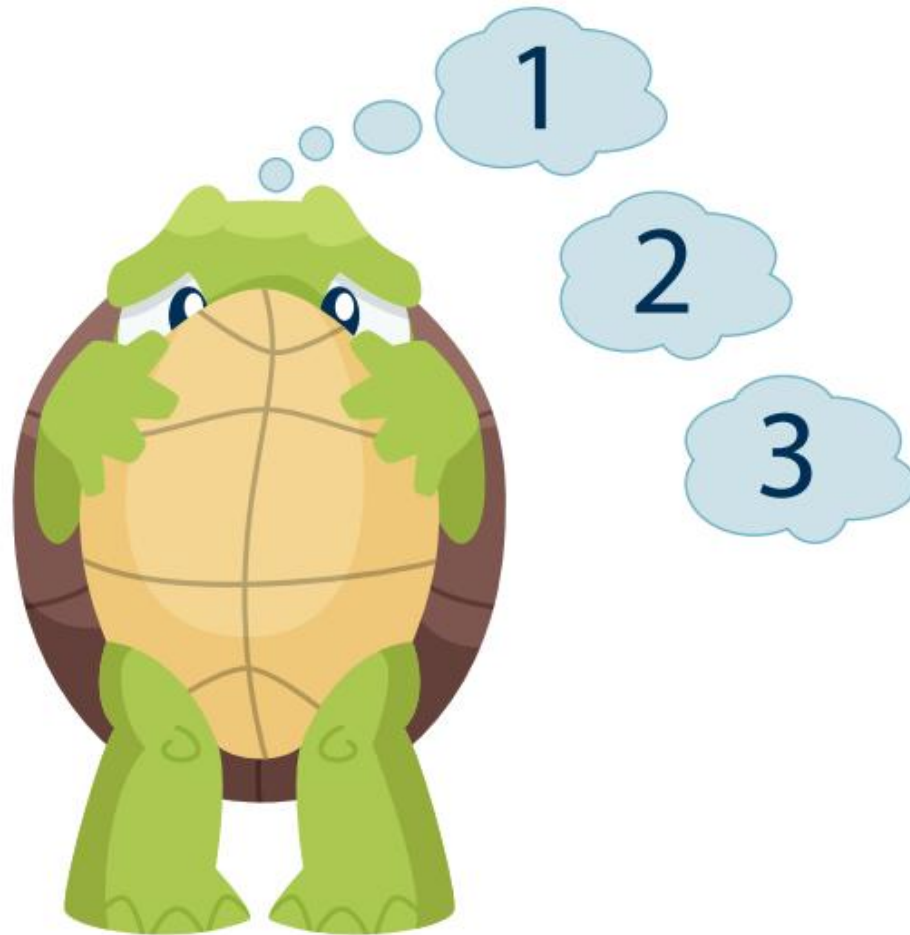
Step 1

He can stop yelling and keep his hands and body to himself!



Step 2

He can tuck inside his shell and take
3 deep breaths to calm down.



Step 3

Tucker can then think of a solution
to solve his problem.



Step 4

When Tucker stops and thinks, his body
is calm and feels better.

When he uses gentle touches and kind words
with his friends, they feel happy and safe.



The End!



Teacher Tips on the Turtle Technique

- Model remaining calm.
- Teach the children the steps of how to control feelings and calm down ("think like a turtle").
 - Step 1: Recognize your feelings.
 - Step 2: Stop your body.
 - Step 3: Tuck inside your "shell" and take 3 deep breaths.
 - Step 4: Come out when you are calm and think of a solution.
- Practice these steps frequently (see cue cards on next 4 pages).
- Prepare for and help children handle possible disappointment or change by reminding them to tuck and think like a turtle when they feel angry or mad.
- Recognize and comment positively when the child stays calm.
- Involve families by giving them ideas for teaching the "Turtle Technique" at home.



Help Children Think of Possible Solutions:

- Ask a teacher
- Ask nicely
- Ignore
- Play together
- Say, "Please stop."
- Trade a toy or other item.
- Wait and take turns.
- Get a timer.

Scripted Story Tip

Please note that you can use real photographs with the line drawings for children that need this level of support. For instance, next to the line drawings, you can glue or Velcro a photograph of the class using the 'turtle technique'. Snap a photo of the children showing how they stop, think, and take three deep breaths.

Teaching Emotional Literacy

- Start with one or two positive emotions





Self-Regulation and Anger Management

Help your child:

- Recognize big emotions, like anger, in themselves and others
- Learn to calm down
- Understand appropriate ways to express big emotions like anger



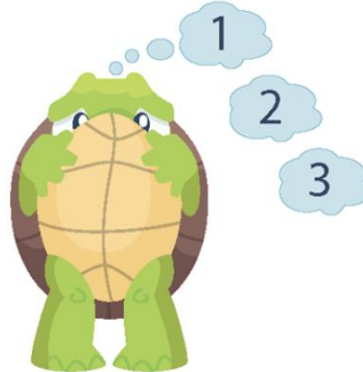
Turtle Technique



Step 1. Recognize your feelings.



Step 2. Stop your body.



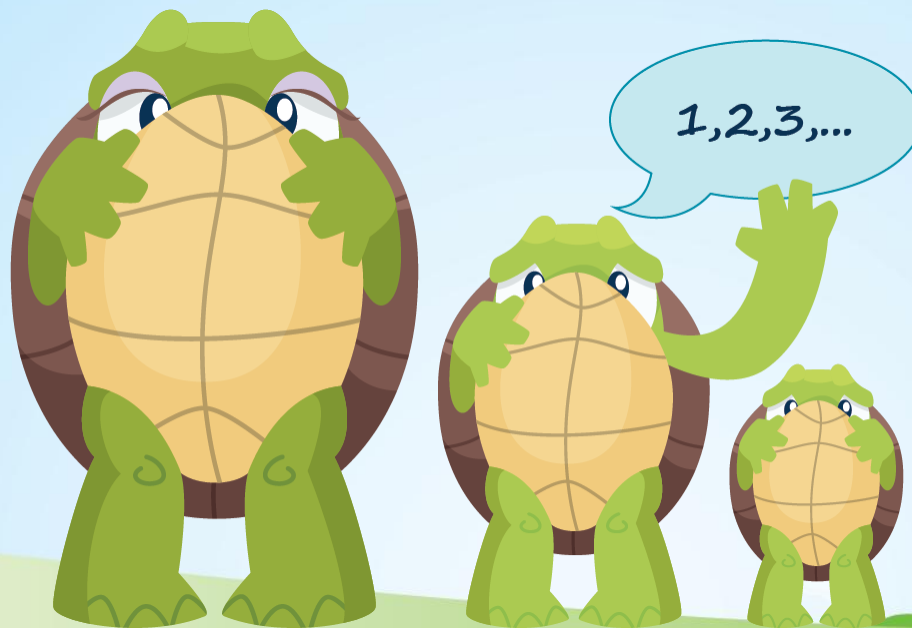
Step 3. Tuck inside your shell and take three deep breaths.



Step 4. Come out when you are calm and think of a solution.

Practice, Practice, Practice!

- Teach the Turtle Technique, step-by-step
- Provide lots of opportunity for review
- Encourage your child to “tuck like a turtle”
- Celebrate their success!



Belly Breathing

Take a Deep Breath

Smell the flower



Blow the pinwheel



Not Just for Anger



Affectionate
Cariñoso(a)



Bored
Aburrido(a)



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Valiente



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Calmado(a)



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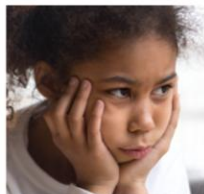
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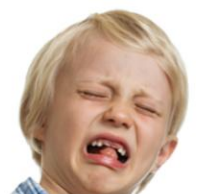
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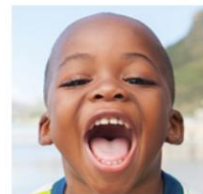
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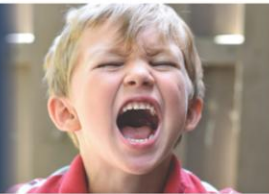
Embarrassed
Avergonzado(a)



Taking a Break: Using a Calm Down Area at Home



Taking a Break: Using a Calm Down Area at Home



A calm down area provides a child a place to calm down and take a break. It is one strategy that might be used when children are feeling anxious, stressed, or overwhelmed. Families can help children learn how to take a break from activities or interactions that are challenging to them. Just like adults, young children might react to stress, frustration, and disappointment by becoming angry, shouting, refusing help from adults, or engaging in other challenging behaviors. Adults might use helpful strategies such as self-talk, deep breathing, or taking a break when they are feeling the need to take a break and calm down. The calm down area provides children with a place to let go of strong emotions and begin to feel calm and ready to engage with others again.

Getting Started

The calm down area or calm down spot does not need to require a lot of space. It might be a chair that your child prefers, a group of toys that your child likes that are in a bedroom, or an area where you place a basket of calming toys. The only requirement is that it is an area that is quiet, away from interactions with others, and soothing for the child.

When you create your calm down area, think of things that your child already uses to calm down. They might be stuffed animals, a favorite pillow, a puzzle, squishy toys, or books. Put those in the calm down spot.

Show your child that you have created a calm down area and let your child know that they can use the area when they need to "feel better". You might explain to your child that sometimes you go to a calm down spot that helps you feel better (e.g., "When I am feeling frustrated with my work, sometimes I lay down on the couch,").

Encourage your child to play with what you have put in the spot. You might add a visual that helps the child take deep breaths (rick) or a social story like "Tucker the Turtle..." (rick) that might help your child calm down. Encourage your child to get familiar with the calm down area when they are calm. This will give them a chance to explore the items in the calm down area and figure out what is most soothing and calming.

When you think your child might benefit from the calm down area, remind your child that they can go to the calm down area to feel better or guide your child to it (e.g., "I am going to help you go to your calm down spot so you can feel better,").



- How does a calm down area work for you?
- This is different from a time-out, what do you think those differences are?
- How is this a helpful life skill for your child?



Help Us Calm Down



Help Us Calm Down

Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...



take deep breaths



count



go for a walk



take a drink



take a break



listen to music



draw a picture



swing



rock



read a book



hug a favorite toy



do a puzzle



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Problem Solving



Problem Solving Steps


Step 1: What is my problem?




Step 1. What is my problem?



Step 2. Think, think, think
of some solutions.



Step 3. What would happen if...?
Would it be safe? Would it be fair?
How would everyone feel?



Step 4. Give it a try!



I Can Be a Problem Solver at Home Step 1

They took it from me.



I am lonely and want
you to play with me.



I want to play with it by myself.



I am frustrated.



Home Solution Kit

Step 2 :Think, Think, Think of Solutions

Step 1. What is my problem?

Step 2. Think, think, think of some solutions.

Step 3. What would happen if...?
Would it be safe? Would it be fair?
How would everyone feel?

Step 4. Give it a try!



Problem Solving Steps 3 and 4

Step 3: What would happen if I tried my solution

Step 4: Give it a try!

 <p>Step 1. What is my problem?</p>	 <p>Step 2. Think, think, think of some solutions.</p>	 <p>Step 3. What would happen if...? Would it be safe? Would it be fair? How would everyone feel?</p>	 <p>Step 4. Give it a try!</p>
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Setting the Stage for Success



- Try to anticipate problems
- Stay near your child
- Support your child
- Encourage your child





Apply It and Try It Review

Things to Try at Home:

1. Teach your child **new emotion** words (Handbook Activity 2)
2. Use calm down strategies **or** problem-solving strategies (Handbook Activity 3)



Upcoming Workshops

- Using Story Books in Teaching Emotional Literacy

