



Positive Solutions for Families

Session 5: Teach Me About My Emotions

April 16, 2026



What's Happening Today?



✓ Emotional Literacy

- ✓ Labeling Feelings/Emotions

- ✓ Managing Strong Emotions

- ✓ Through Strategies:

- ✓ Tucker Turtle

- ✓ Coming to recognize a problem

- ✓ Calming ourselves

- ✓ Controlling anger and disappointment

- ✓ Problem solving

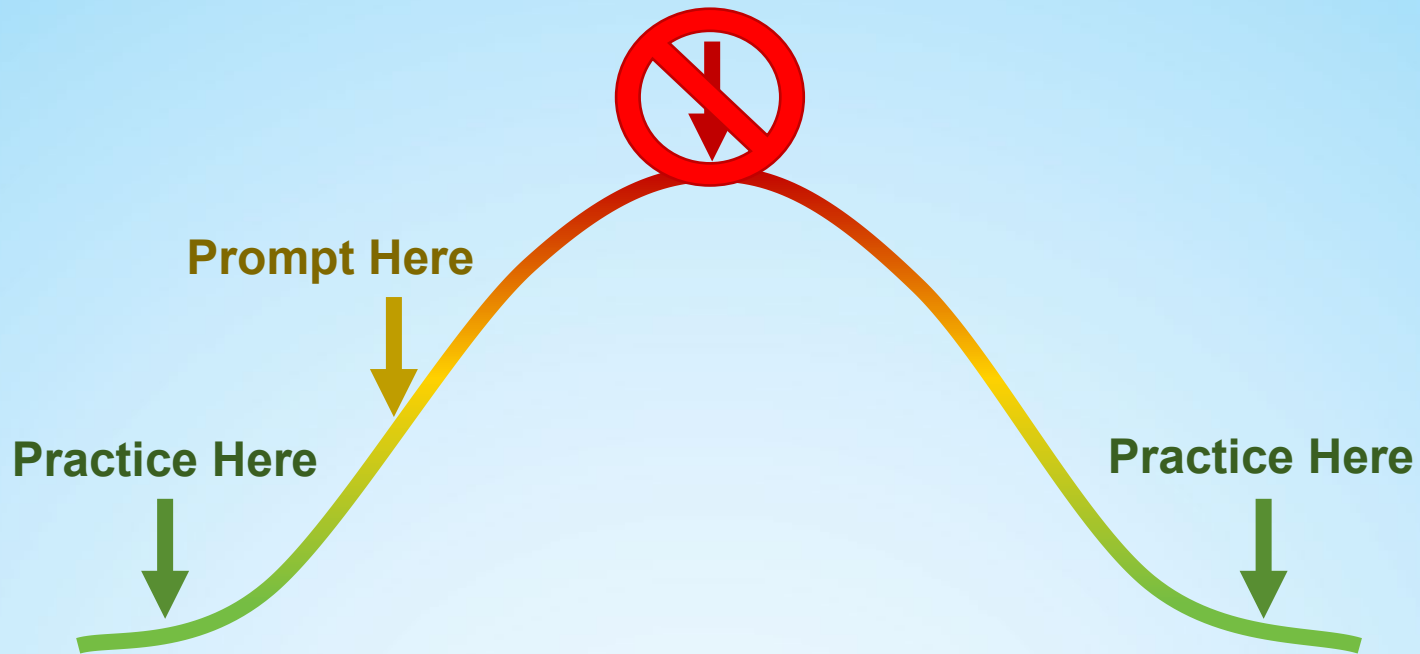
Emotional Literacy

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

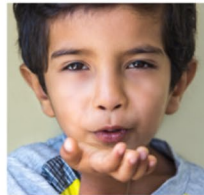


The Teachable Moments

Teach **before** there is problem behavior



What Emotion Words Does Your Child Know?



Affectionate
Cariñoso(a)



Bored
Aburrido(a)



Brave
Valiente



Calm
Calmado(a)



Cheerful
Alegre



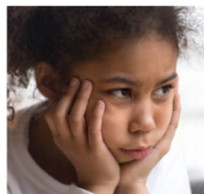
Comfortable
CÓmodo(a)



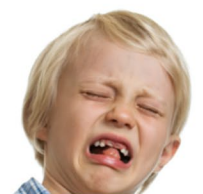
Creative
Creativo(a)



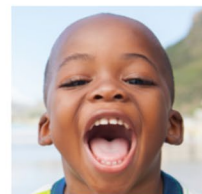
Curious
Curioso(a)



Disappointed
Decepcionado(a)



Disgusted
Asqueado(a)



Excited
Emocionado(a)



Embarrassed
Avergonzado(a)



Feeling Faces



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.





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



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.



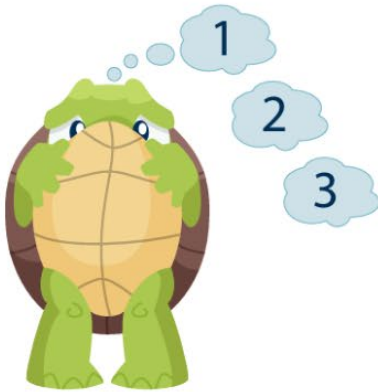
Step 1

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!



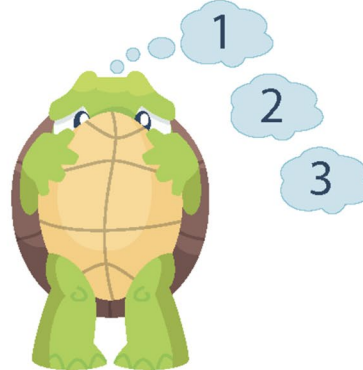
Turtle Technique



Step 1. Recognize your feelings.



Step 2. Stop your body.



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

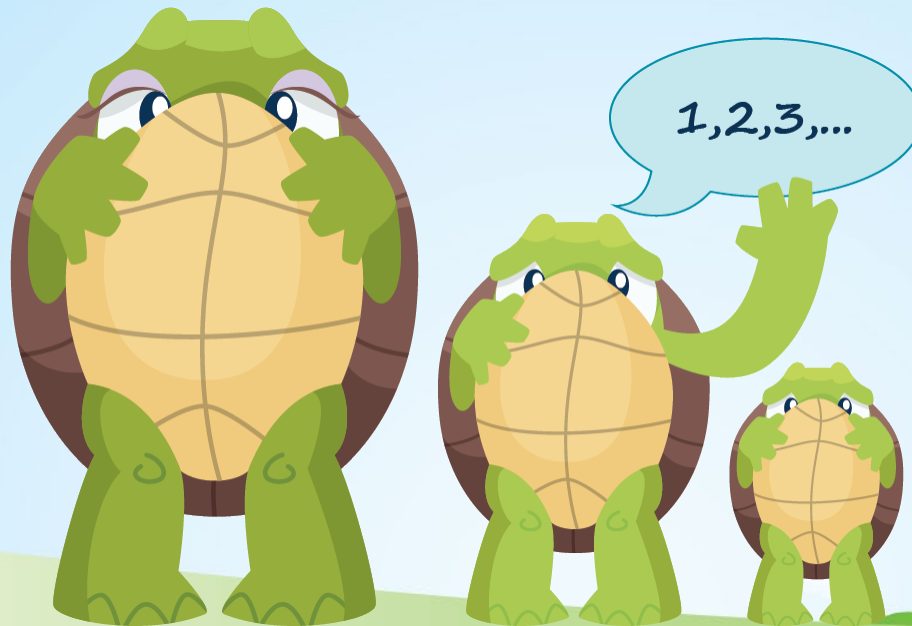


Step 4. Come out when you are calm and think of a solution.



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)



Brave
Valiente



Calm
Calmado(a)



Cheerful
Alegre



Comfortable
CÓmodo(a)



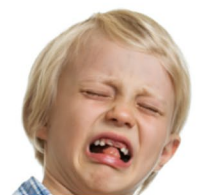
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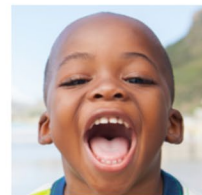
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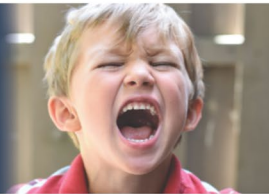
Embarrassed
Avergonzado(a)



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 (1rk) or a social story like "Tucker the Turtle..." (1rk) 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?

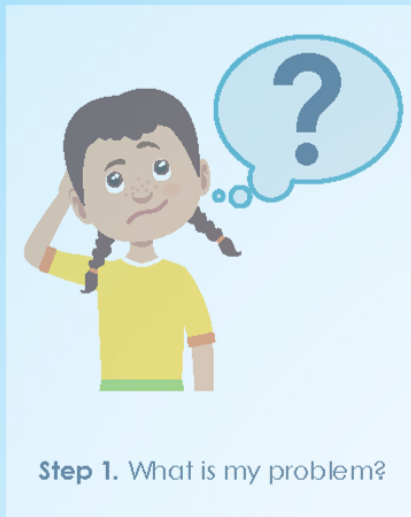
Step 4. Give it a try!



Problem Solving Steps 3 and 4

Step 3: What would happen if I tried my solution

Step 4: Give it a try!



Setting the Stage for Success



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





Happy



Sad



Proud



Nervous



Loved



Scared



Mad



Frustrated



Lonely



Embarrassed

Upcoming Workshops

- Challenging Behaviors:
Responding Consistently with Thoughtful
Strategies



- Any questions or comments?
- Thank you for joining us

