

Social Emotional Learning

Lesson 7: Managing Difficult Emotions Supplementary Activities



Pre-school:

Emotion Reading & Painting

Reading

Spend time reading stories relating to difficult emotions such as sadness and anger with your child. This will allow time to discuss these feelings and help your child see that these emotions are normal and ok to experience. Correctly labelling feelings for children will also support them through a difficult emotion. For example, your child may feel frustrated over something and not sad or angry.

Painting

Assist your child in choosing a character from one of the books you have shared together. Ask them to paint a picture of that character when they were experiencing an uncomfortable and difficult emotion. Point out the character's facial features in the book, in particular eyes, eyebrows and mouth.



Age 4-7:

Calm Zone Design

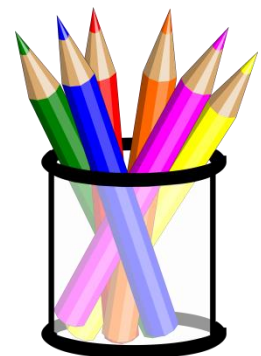
In Sophie's story we find that she starts to calm down when she is outside. Where do you like to calm down? Draw a picture of your perfect place to get calm. Here are some questions to think about before you get started:

- What can you see?
- What can you hear?
- Will you sit down or stand?
- What can you smell?
- What can you touch?
- Can you taste anything?

Be creative by using as many different materials as you can.

- Pencil/ pens
- Paint
- Crayons
- Oil Pastels
- Craft materials (glitter, feathers, sequins etc)
- Paper, card, junk materials

As an extra challenge why not try to make your design 3D?!



Age 7-11:

A Simple Stress Ball

There are many ways of calming down when we are dealing with difficult and uncomfortable emotions. After you have stopped and have started to take deep breaths, squeezing a stress ball can really help you focus on calming down too. Here is a simple way to make your very own stress ball.

You will need:

- 2 Balloons
- Flour
- A funnel (this could be made from recyclable materials in the house e.g. an empty milk carton)
- Scissors
- A black marker pen

Instructions:

1. Blow up 1 of the balloons so that the air stretches the balloon. Then let the air out slowly.
2. Use the funnel to fill the balloon with flour. (Make sure to be holding the end of balloon tightly to limit the mess!)
3. Fill flour to the top of the balloon (just below the neck).
4. Tie a knot in the balloon to stop any flour from getting out.
5. Take the 2nd balloon and cut off the neck using scissors.
6. Stretch the second balloon over the first one. This will act as a second layer to protect it.
7. Use the marker pen to create a feelings face on your stress ball.
8. Squeeze away!

