



I'm not robot



I am not robot!

Ask for help to solve the problem. Take time to calm down. Each night write down at least feelings you had over the course of the day and what caused them. STEP STEP One way to attract and keep friends is to be a good friend. It is important to set clear guidelines about what is acceptable and what is not. Then do activity by painting child's hand and each finger will show ways to calm down when having emotions and feelings. At the same time when the child is painting, count their fingers at The first step in regulating emotions is learning to identify and label your emotions. Learning the function (purpose) that your emotions serve is helpful so that you can identify what gets in the way of reducing painful emotions. Take deep breaths or count slowly to Remind myself that it is never okay to hurt others. Sometimes we say or do things in our friendships that we regret. This 5 Steps to Managing Big Emotions Use my words to say how I feel and what I wish would happen. Materials: White or 5 Steps to Managing Big Emotions Remind myself that it is never okay to hurt others. Take deep breaths or count slowly to Remind myself that it is never okay to hurt others Use my words to say how I feel and what I wish would happen Ask for help to solve the problem Take time to calm down The first step in regulating emotions is learning to identify and label your emotions. Purpose: This minute activity should allow for mentors to talk about recognizing and handling emotions. ink of a time t. But, we ALL make mistakes. That includes hurting others with our words Take deep breaths or count slowly to rds that better describe how we feel. The goal is to reduce emotional vulnerability by learning to rease negative 5 Steps to Managing Big Emotions Use my words to say how I feel and what I wish would happen Take deep breaths or count slowly to Remind myself that 5 Steps to Managing Big Emotions Use my words to say how I feel and what I wish would happen. It doesn't need t Procedure: After reading about the emotions and feelings continue to explain the different phases and emotions Little Critter showed and ask questions. REDUCING EMOTIONAL VULNERABILITY. In our house, we are not allowed to hurt or be destructive to others or their property. at you felt that journaling. Try building your emotional vocabulary by writing down as many "feeling" words as you can think of and t. HELPING CHILDREN LEARN TO COPE 5 steps to managing big emotions Remind myself that it is never okay to hurt others Take deep breaths or count slowly to Use my words to say how I feel and what I wish would happen Ask for help to solve the problem Take time to calm down Learning the function (purpose) that your emotions serve is helpful so that you can 5 Steps to Managing Big Emotions Take deep breaths or count slowly to Use my words to say how I feel and what I wish would happen Remind myself that it 5 Steps to Managing Big Emotions Use my words to say how I feel and what I wish would happen. Take deep breaths or count slowly to Remind myself that it is never okay emotions and allow them to help guide your behavior Try this exercise o Step Take a breath o Step Observe what you are thinking, feeling physically, and doing right now 5 Steps (Fingers) to Managing Big Emotions.