



FOLLOW-UP TO TEACHING CHILDREN HOW TO COPE WITH THEIR BIG EMOTIONS

Teacher Time Webinar, January 17, 2014

WHAT WE TALKED ABOUT	HOW TO APPLY IT
Presentation: Teaching Children How to Cope with Their Emotions	
<p>We discussed how to:</p> <p>Communicate to children that all emotions are okay. It's how you manage them that makes the difference.</p> <p>Begin with emotional literacy, teaching the words tense, stressed, and relaxed.</p> <p>Use relaxation techniques (thermometer, deep breaths, etc.).</p> <p>Help children manage anger and handle disappointment.</p> <p>Use dragon brain and turtle steps.</p>	<p>Think about how you currently address strong emotions in the classroom and ask yourself:</p> <p>Can I find more opportunities to support children's feelings?</p> <p>What strategies do I use to teach children emotional vocabulary? Do I need to try something different?</p> <p>What relaxation technique do I want to teach to my classroom? How can I embed teaching opportunities?</p> <p>Who can help me make changes to the classroom (e.g., to make the visual supports)?</p>
Activity: Video Review	
<p>We watched four videos that showed teachers using emotional coaching and relaxation strategies with children.</p> <p>Video: <i>Pre-Teaching</i> Description: Three teachers using different techniques to teach calming down: touching belly, stretching like a snail, and puppet modeling taking deep breaths.</p> <p>Video: <i>Smell the Flower—Blow Out the Candle</i> Description: Teacher models picking up flower, smelling it, and blowing out a candle for a child. Then they do it together.</p> <p>Video: <i>Talking About Feelings</i> Description: Teacher uses visuals to discuss with child how he is feeling.</p> <p>Video: <i>Andy's Strategies</i> Description: A child is angry and the teacher uses a social story to help the child get ready to calm down.</p>	<p>Ask yourself: Can I take any ideas from these videos and apply them to my classroom?</p> <p>Teach the strategies when students are calm.</p> <p>Model techniques for children when they are experiencing strong emotions.</p> <p>When visuals are readily available, they can help children understand and label their feelings.</p> <p>Social stories are a useful strategy to practice with children, to help them calm down when they are upset.</p>

WHAT WE TALKED ABOUT	HOW TO APPLY IT
Resources	
<p>ECLKC Look for recently added suites http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/center/practice/ISS/ISS-library_T.html</p> <p>Head Start Center for Inclusion Classroom Visuals and Supports Dragon Brain http://depts.washington.edu/hscenter/teacher-tools#dragon Emotional Regulation http://depts.washington.edu/hscenter/teacher-tools#regulation</p> <p>Center for Social Emotional Foundations of Early Learning Turtle Technique http://csefel.vanderbilt.edu/modules-archive/module2/handouts/7.pdf</p>	<p>Ask yourself: Who would benefit from the use of visuals or social stories?</p>
Resiliency & Wellness	
<p>We discussed how thoughts, feelings, and behavior are connected:</p> <ul style="list-style-type: none"> • The way we think about a situation affects our feelings. • The way we feel in a situation affects our thinking, which affects behavior. <p>Red thoughts (negative) and green thoughts (positive) are quick ways to remind yourself to shift your thinking.</p>	<p>You can take time right now to think of a potentially stressful situation and use the Red Thoughts-Green Thoughts model. See the worksheet for more specifics or ask yourself the following questions. What are you thinking and feeling? How might these thoughts influence your behavior? How can you shift from red thinking to green?</p>

Looking ahead

Don't miss the next Teacher Time webinar, **Friday, February 21, 1:00 p.m. EST (10:00 a.m. PST)**. Dr. Gail Joseph will present information on *Teaching Children Problem Solving Skills*.



For more information, contact us at: NCQTL@UW.EDU or 877-731-0764

This document was prepared under Grant #90HC0002 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, by the National Center on Quality Teaching and Learning.

WINTER 2014