

# How to support your children as they manage emotions

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Education is a shared commitment between dedicated teachers, motivated students and enthusiastic parents with high expectations.

*Bob Beauprez*

# **Parent - Teacher Partnership**

## **How we can work together to support student success**

### **Teachers at School**

Setting classroom expectations

Supporting students to take breaks  
when needed

Building relationships with students

### **Parents at Home**

Reviewing expectations for positive  
behavior at home and in the public.

Keeping teachers informed of student  
needs

Reinforcing positive behaviors

# **The Teacher's Toolbox- What teachers do to support students:**

Utilize Mindfulness strategies that students have been taught

Teach control of body and voice

Take a break spot

Recognizing feelings and empathizing with feelings

Manipulatives are available for student use

Reinforce positive behavior

# **The Parent's Toolbox - What you can do to support your child at home and at school**

Foster open communication with your child

Make efforts to empathize with your child's feelings

Empower children to find solutions to their problems

Communicate with teachers and school staff when your child needs extra support and care

Utilize talking points

Reward and reinforce positive behavior

Be consistent - follow through on promises and expectations

# What we use in school?



# Take a Break....Toma un "Break"

## Take A Break

Sit criss-cross away from the group

Think about...

- how do you feel?
- what were your actions?
- what needs to change?

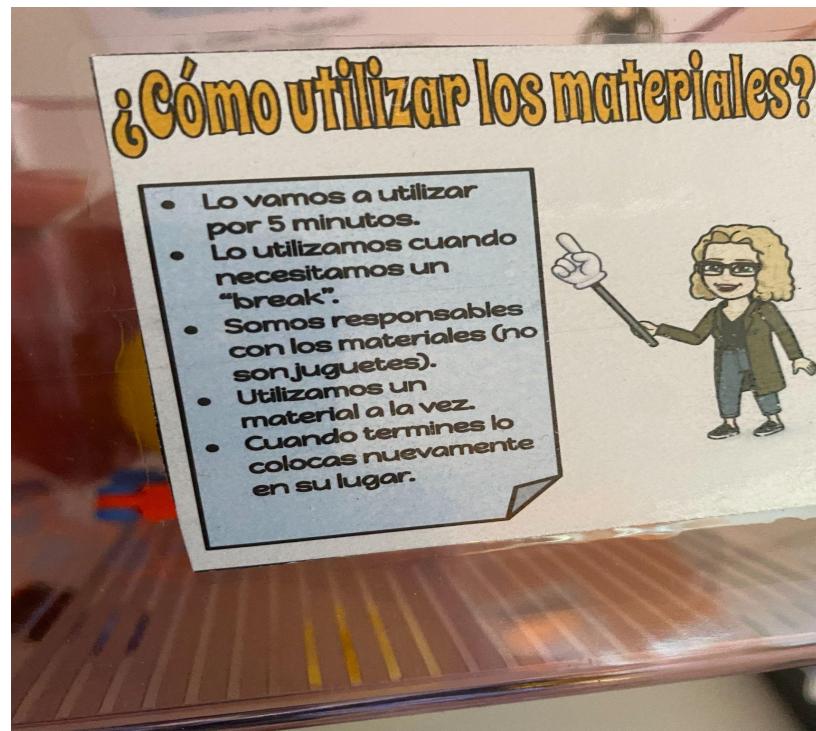
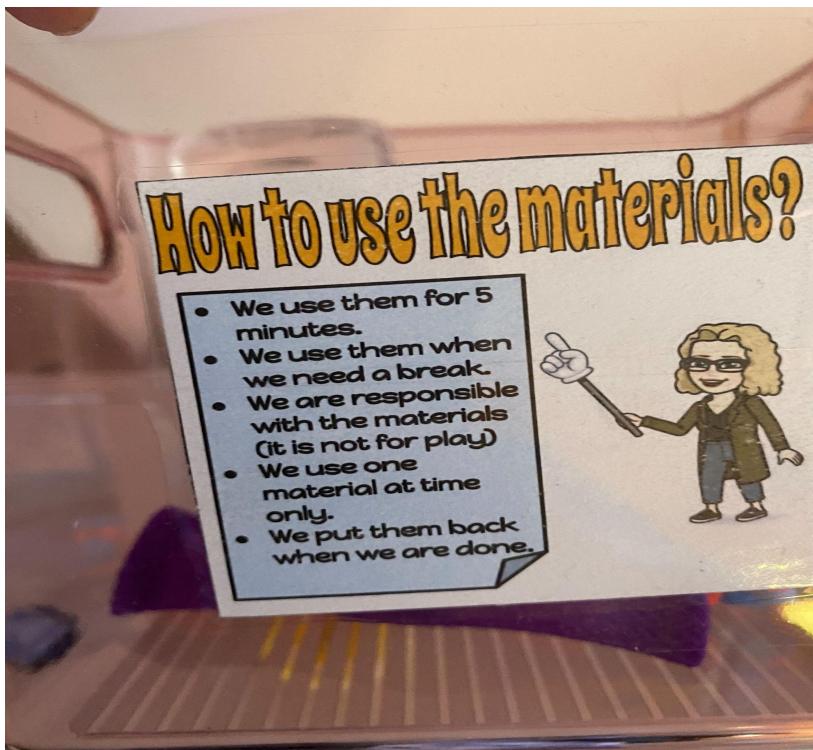


Calm down

Breathe



# Instructions for Use/Instructionnes para Usar



# Timer



**The timer used to make sure the student remembers that they have 5 minutes to use the items in the Take A break Spot.**

# **Bottle with magic “water”**



**The water in the bottle is magic because it moves in an up and down motion and allows children to focus on the movement of the water and helps them create a sense of calmness that they carry with themselves throughout the day.**

**This is also a timer. :)**

## Stress Ball



**The stress ball helps the student become aware that they need to calm themselves down.**

# Stretchy Marble in Net



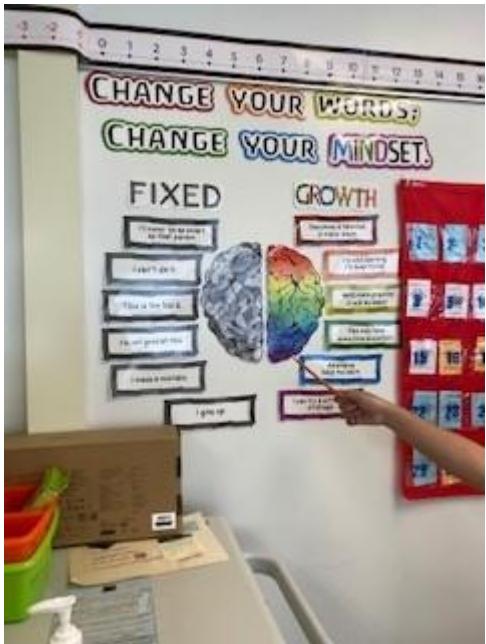
**The marble in this stretchy rectangle is there for students to move about and focus on while they are in the take a break spot.**

## Putty for tactile Movement



This putty gives students the opportunity to calm themselves down using their hands to create objects using this putty.

# Quotes to Motivate

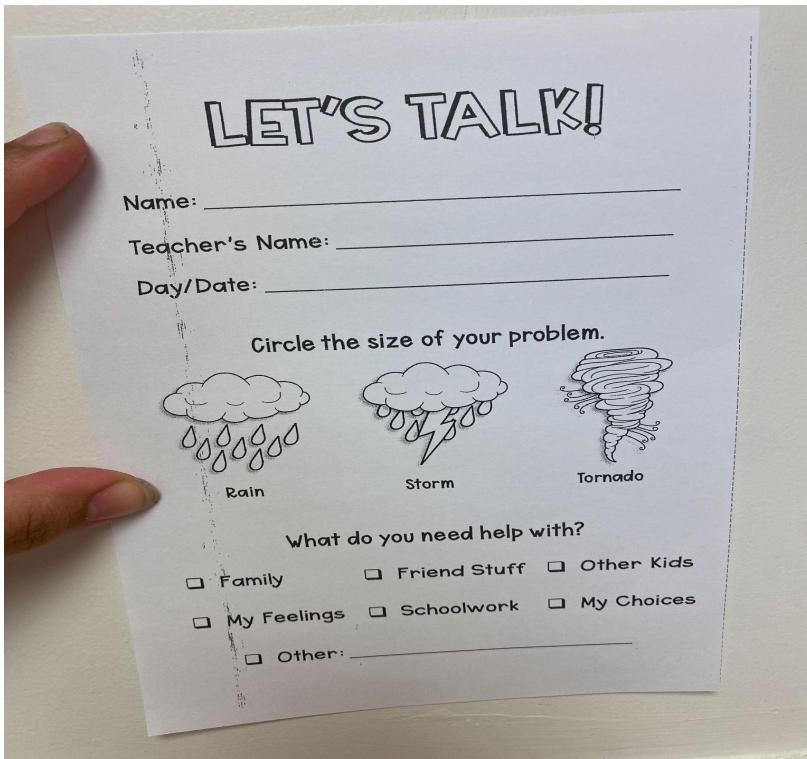


**It is important to check in with your child...**



**Just a quick mental health check-in can go a long way. It well help your child feel seen and heard.**

# Write it out.



Being able to compare their problem to one of these pictures often helps them to see how they are feeling.

# Managing Emotions Lesson

<https://docs.google.com/document/d/1WooqtWkIdXuby6OWOM7bTZ8ZgzdOXJews3cYudjivls/edit>

**3rd Grade will be doing a lesson on Managing Emotions during Quarter 3.**

It is important to teach students how to identify their emotions.

The learning targets will be...

I can talk about my feelings that come with change.

I can list healthy ways to express emotions.

I can create strategies to express my feelings in a positive way.

How do you manage emotions in the classroom?

Acknowledge students' feelings and let them know that they are valid and that you understand.

Students should know that being angry is okay, but that there is an appropriate way to deal with their feelings. Emphasize that anger can be expressed in a **calm and respectful manner**.

## Count up to and down from 10

Sometimes, quietly counting to 10 is something some people do to stop themselves from doing something too quickly. Counting to 10 as soon as you notice you're having an angry reaction can give an angry person just enough think time to make sure their first idea is a good idea. If it's not a good idea, it can be just enough time to change it into a better one (reconsider).

## Focus on your Breathing

Focusing on breathing can help during angry moments in several ways. First, it takes your attention away from the anger for a moment, just like when you count to 10. Second, breathing in a certain way, slowly and deeply (so deeply that your belly moves, too), and in through your nose and out through your mouth, can often help people who are angry to begin to calm down.

## Take a Walk or Step Away

Change the environment by taking a walk or stepping away if you can. Just like counting to 10, and thinking about your breathing, walking away from a situation that is making you angry can sometimes help prevent you from reacting to a situation too quickly, or it can give you some time to breathe and think about good choices you can make.



Research-based SEL Program  
Used At  
Bailey's Upper

