

# Positive Solutions for Families

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## Session 5: Teach Me What to Do



# What's Happening Today?



- ✓ Apply It and Try It Reflections
- ✓ Affirmations
- ✓ Teach Me What to Do: Why, When and How
- ✓ Emotional Literacy
- ✓ Controlling Anger and Handling Disappointment
- ✓ Problem Solving





# Apply It and Try It Reflection

## Routine or Transition

How did you  
feel about  
trying the  
strategies?

How did  
your child  
respond?

Was any  
part of this  
challenging?



# Affirmations



Statements that  
are **encouraging**  
and **motivating**



Help us  
**feel strong**

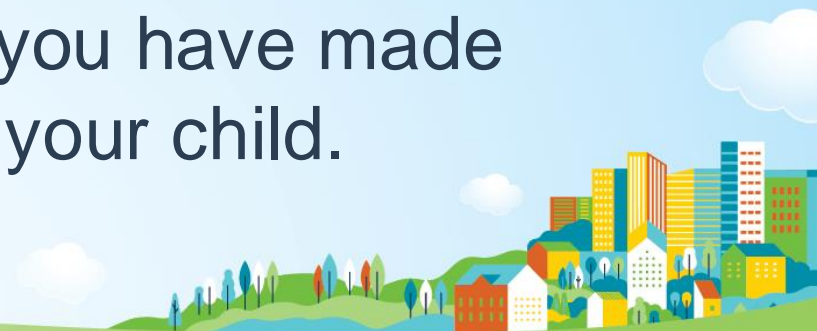


Help us feel  
**optimistic** about  
change

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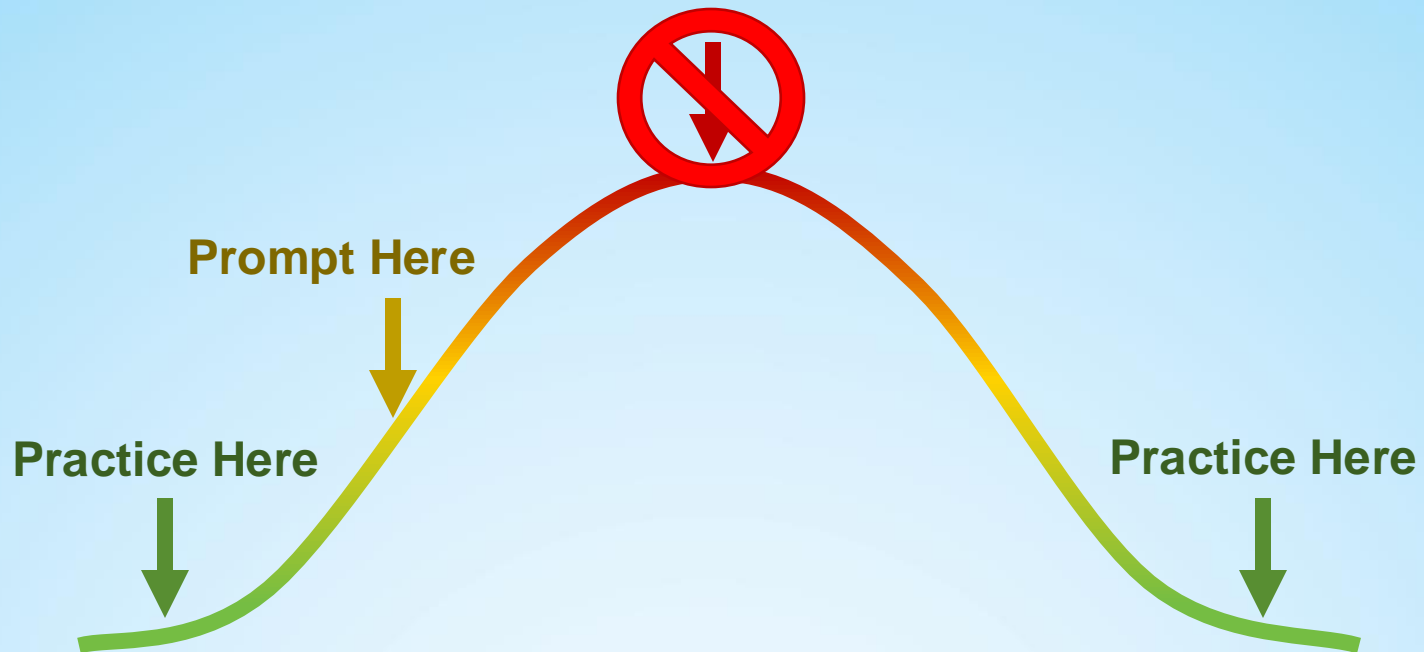
**Make a note!**

Reflect on the changes you have made  
or your efforts with your child.



# This is When We Teach

Teach **before** there is problem behavior






# Emotional Literacy

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



# What Emotion Words Does Your Child Know?

|   |  |  |   |
|---|--|--|---|
|  <p><b>Affectionate</b><br/>Cariñoso(a)</p>      |  <p><b>Bored</b><br/>Aburrido(a)</p>      |  <p><b>Brave</b><br/>Valiente</p>         |  <p><b>Calm</b><br/>Calmado(a)</p>             |
|  <p><b>Cheerful</b><br/>Alegre</p>               |  <p><b>Comfortable</b><br/>CÓmodo(a)</p>  |  <p><b>Creative</b><br/>Creativo(a)</p>   |  <p><b>Curious</b><br/>Curioso(a)</p>          |
|  <p><b>Disappointed</b><br/>Decepcionado(a)</p> |  <p><b>Disgusted</b><br/>Asqueado(a)</p> |  <p><b>Excited</b><br/>Emocionado(a)</p> |  <p><b>Embarrassed</b><br/>Avergonzado(a)</p> |



# Feeling Faces





# This Is How I Feel Today



# 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.





# Apply It and Try It

- Select 2-3 new emotions you want to teach
- Add a few ideas of how you will teach them



Activity 2







# 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





# Turtle Technique



**Step 1.** Recognize your feelings.



**Step 2.** Stop your body.



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

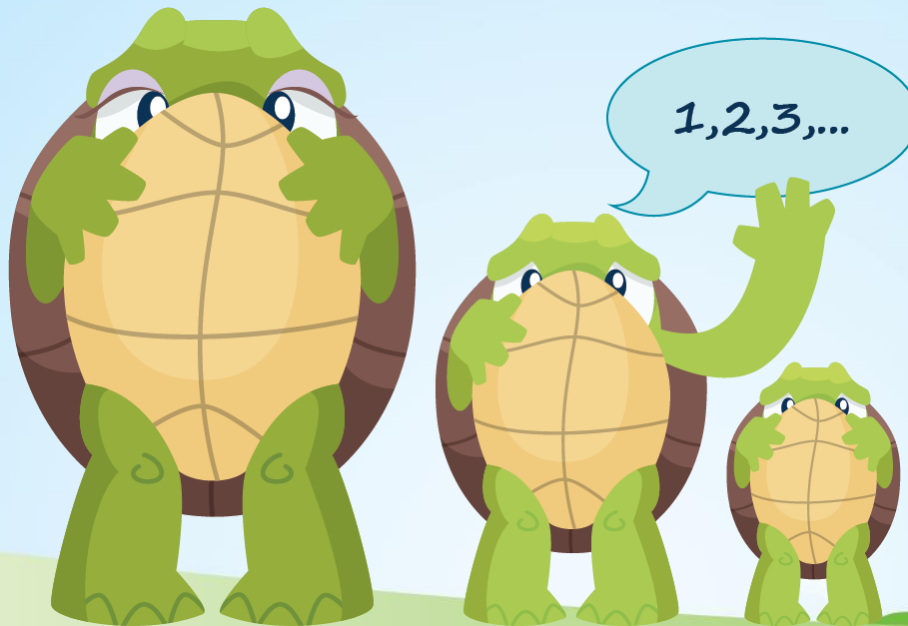


**Step 4.** Come out when you are calm and think of a solution.



# 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

|   |  |  |   |
|---|--|--|---|
|  <p><b>Affectionate</b><br/>Cariñoso(a)</p>      |  <p><b>Bored</b><br/>Aburrido(a)</p>      |  <p><b>Brave</b><br/>Valiente</p>         |  <p><b>Calm</b><br/>Calmado(a)</p>             |
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## 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 finding actions, words, or environments. 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, showing defiant behavior, 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 go to manage emotions and begin to feel calm and ready to engage with others again.

The color-drawing area or color-drawing 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 coloring 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 (77) in a visual story like "Tuckers the Turtle..." (64) 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.")



Changchunbei (a) (u) | Boilerted Center for Pyrolysis Model Innovation

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# 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...

|   |  |  |
|---|--|--|
|  <p>take deep breaths</p> |  <p>count</p>               |  <p>go for a walk</p>   |
|  <p>take a drink</p>      |  <p>take a break</p>        |  <p>listen to music</p> |
|  <p>draw a picture</p>    |  <p>swing</p>               |  <p>rock</p>            |
|  <p>read a book</p>      |  <p>hug a favorite toy</p> |  <p>do a puzzle</p>    |

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# Problem Solving



# Problem Solving Steps

## Step 1: What is my problem?





# I Can Be a Problem Solver at Home

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



# 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

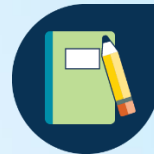






# Apply It and Try It

- Select Anger Management and Calming Down OR Problem Solving:
  - What are your ideas for using the materials with your child?
  - Write down what and how you want to teach.
  - Example: Teach my child the problem-solving steps.
    - Read the scripted story.
    - Practice talking about problems using the scenario cards.
    - Hang a few of the solutions on the fridge so my child can refer to the solutions easily.



Activity 3





# Apply It and Try It Review

## Things to Try at Home:

1. Teach your child **new emotion** words (Handbook Activity 2)
2. Use calm down strategies **or** problem-solving strategies (Handbook Activity 3)



# Thank You

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