

Positive Solutions for Families

Session 4

Teach Me What To Do!

Originally developed by the Center on the Social-Emotional Foundations for Early Learning. Adapted for use in California by WestEd for the California Collaborative on the Social-Emotional Foundations for Early Learning (CA CSEFEL) March 2013



Center on the Social and Emotional Foundations for Early Learning

Shared Expectations

- We are Friendly and Kind
- We are Respectful
- We are Safe and Healthy



Center on the Social and Emotional Foundations for Early Learning

What's Happening Today?

- Share your *Things to Try at Home*
 - Observations of Behavior (Activity 11)
 - Developing Household Expectations (Activity 12)
- Discuss fun strategies and ideas that you can use to teach your child what to do:
 - Emotional Literacy
 - Managing Strong Emotions
 - Problem Solving



Center on the Social and Emotional Foundations for Early Learning

Let's Celebrate!

Proud

- Please turn to Activity #14 in your workbook
- Parent Encouragement and Positive Comments
- Write an encouraging note or positive comment **to yourself** about something that you did with your child this last week that you feel really happy or proud about!



Center on the Social and Emotional Foundations for Early Learning



Emotional Literacy



Emotional literacy is the ability to identify, understand, and express emotions in a healthy way.

Children with a Strong Foundation in Emotional Literacy:



- Are more focused
- Have greater academic achievement
- Are healthier
- Tolerate frustration better
- Get into fewer fights
- Engage in less destructive behavior
- Are less lonely
- Are less impulsive

California Preschool Learning Foundations pg. 23

Emotional Vocabulary



Enhancing Emotional Vocabulary

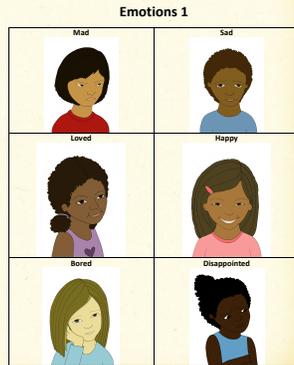
Workbook Handout #15



- Talk about feelings
- Ask your child to tell you how he/she feels
- Teach new emotion words (e.g., frustrated, confused, anxious, excited, worried)
- Talk about how characters in a book, video, or on TV may feel
- Reflect on situations and discuss feelings
- Accept and support your child's expression of feelings
- Use books and art activities to talk about emotions

Emotion Faces

- You can use emotion faces like these to teach your child about different emotions
- You can make your own poster with your child making different emotion faces
- It might be fun to make one with all the family members in emotion poses.



Use Songs and Games...

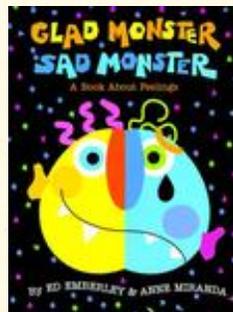


Example: "If you're happy and you know it..."

- Add new verses to introduce new feeling words:
- *If you're **happy** and you know it, hug your mom (or dad)!
 - *If you're **sad** and you know it, cry a tear: "Boo hoo!"
 - *If you're **mad** and you know it, use your words: "I'm mad!"
 - *If you're **scared** and you know it, ask for help, "Help Me!"

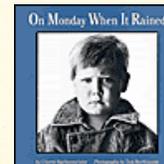
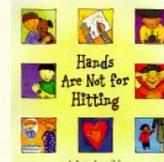
Children's Books

- Almost any children's book provides many opportunities to discuss emotions
- There are many books that focus specifically on emotions



Children's Books

Workbook Activity #16



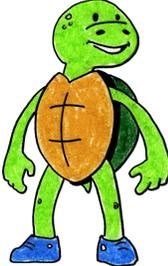
- Get with a partner and read the book.
- What feeling words could you teach your child?
- What fun games or activities could you use that would relate to the book?

Managing Strong Emotions



How can we help our children...

- Recognize strong emotions such as frustration, anger, and excitement in themselves and others?
- Learn how to calm down?
- Understand appropriate ways to express strong emotions?



Tucker Turtle Takes Time to Tuck and Think

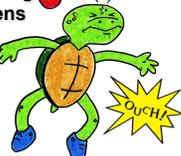
Adapted 2012 by WestEd Teaching Pyramid from a scripted story to assist with teaching the “Turtle Technique”
Original By Rochelle Lentini March 2005

Artwork by Alejandro Castillon, 2011 WestEd



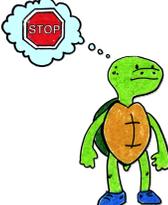
Turtle Technique (CA CSEFEL)

Something happens



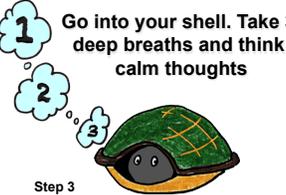
Step 1

Stop. Think: What Am I Feeling?



Step 2

1 Go into your shell. Take 3 deep breaths and think calm thoughts



Step 3

2 Come out of shell, express your feelings and think of a solution



Step 4

Adapted by WestEd Teaching Pyramid – www.CAinclusion.org/teachingpyramid

Parent Tips on the Turtle Technique

- Model remaining calm
- Teach your child the steps of how to manage feelings and calm down (“think like a turtle”)
 - Step 1: Recognize that something happened.
 - Step 2: Stop. Think: What are you feeling? Acknowledge your feeling and maybe do something physical to let that feeling out.
 - Step 3: Tuck inside your “shell” and take 3 deep breaths to help you become calm.
 - Step 4: Come out, express your feelings, and think of a solution.
- Practice steps frequently (see cue cards outlining each step)
- Prepare for and help your child handle strong emotions and to think of a solution (see “What Can the Child Do?” list)
- Give encouragement and acknowledgement as your child makes an effort to do the steps
- Involve the whole family – teach the “Turtle Technique”

Adapted from Webster-Stratton, C. (1991). The teachers and children videotape series: Dina dinosaur school. Seattle, WA: The Incredible Years.





What Can The Child Do?

Help the Child Think of a Possible Solution:
(These are from the Solution Kit)

<ul style="list-style-type: none"> • Get a teacher • Ask in a friendly way • Ignore • Play • Say, "Please stop." 	<ul style="list-style-type: none"> • Say, "Please." • Share • Trade a toy/item • Wait and take turns • Set a Timer
---	---



Turtle Time Is Great!



This is a place the child goes to play and pretend; he is not "sent" here



Problem-Solving Steps

 <p style="font-size: small;">2. Think, think, think of some solutions.</p>	 <p style="font-size: small;">1. What is my problem? How do I feel?</p>
 <p style="font-size: small;">3. What would happen if...? Would it be safe? Would it be fair? How would everyone feel?</p>	 <p style="font-size: small;">4. Give it a try!</p>

Problem-Solving Games

- What if your sister hit you? How would you feel? What could you do?
- What if you wrote on Mommy's bedroom wall with a marker? How would you feel? How do you think Mommy would feel? What could you do?
- What if you knocked over your friend's tower at school? How would you feel? How do you think your friend would feel? What could you do?
- What if you and your sister wanted to watch something different on the television? What could you do?
- What if someone at school was teasing you and calling you names. How would you feel? What could you do?

Problem-Solving Games (cont.)

- What if it was bedtime and you wanted hear one more book? What could you do?
- What if Daddy sent you to time-out for hitting your brother? How would you feel? How do you think your brother would feel? How do you think Daddy would feel? What could you do?
- What if you really wanted a toy at the toy store but Mommy said you could not have it? How would you feel? What could you do?
- What if you really wanted to play with your sister and her friends, but they said, "No"? How would you feel? What could you do?

Setting the Stage for Success!



- Try to anticipate problems
- Stay near your child
- Support your child
- Encourage your child

Teach Me What To Do! Tell Me, Show Me, Help Me



- Emotional Vocabulary
- Managing Strong Emotions such as Anger and Disappointment
- Problem Solving



Center on the Social and Emotional Foundations for Early Learning



Things to Try at Home!

- Pick some of the strategies or ideas that we have talked about during this session and write 3 ideas that you can do with your child this week to teach emotional literacy skills. (Activity #17)



Center on the Social and Emotional Foundations for Early Learning

38