

## 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



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## 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





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## 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!







## 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

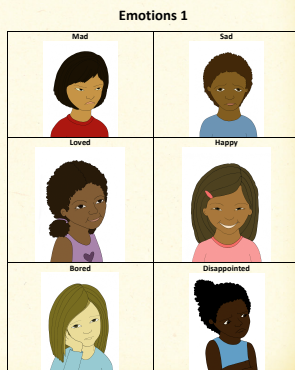


- Talk about feelings
- Ask your child to tell you how he/she feels
- Teach new emotion words (e.g., frustrated, confused, anxious, excited, worried)
- Talk about how characters in a book, video, or on TV may feel
- Reflect on situations and discuss feelings
- Accept and support your child's expression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

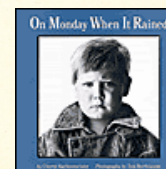
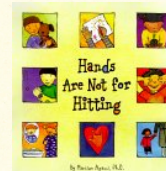
## Children's Books

- 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



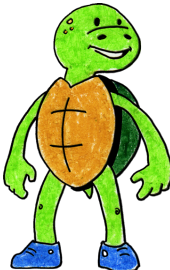
- Get with a partner and read the book.
- What feeling words could you teach your child?
- What fun games or activities could you use that would relate to the book?

## 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

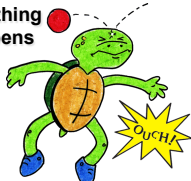
Adapted 2012 by WestEd Teaching Pyramid  
from a scripted story to assist with teaching  
the “Turtle Technique”  
Original By Rochelle Lentini March 2005

Artwork by Alejandro Castillon, 2011 WestEd



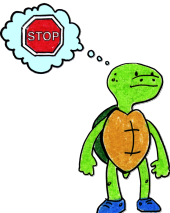
## Turtle Technique (CA CSEFEL)

**Something happens**



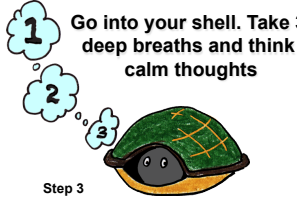
Step 1

**Stop. Think: What Am I Feeling?**




Step 2

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



Step 3

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




Step 4

Adapted by WestEd Teaching Pyramid – [www.CAinclusion.org/teachingpyramid](http://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)*

- Get a teacher
- Ask in a friendly way
- Ignore
- Play
- Say, "Please stop."


- 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



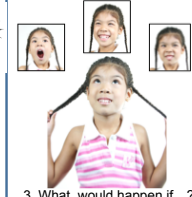
## Problem-Solving Steps


1. What is my problem?  
How do I feel?



2. Think, think, think of some solutions.



3. What would happen if...?  
Would it be safe? Would it be fair?  
How would everyone feel?



4. Give it a try!

## 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



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### 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)



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38