


## 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



## 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




## Let's Celebrate!

- 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!


**Proud**






## Emotional Literacy

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





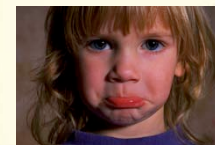
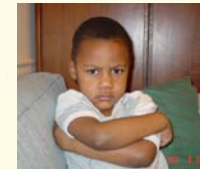
### Children with a Strong Foundation in Emotional Literacy:



California Preschool Learning Foundations pg. 23

- 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

### Emotional Vocabulary



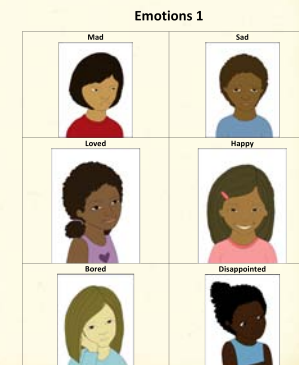
### Enhancing Emotional Vocabulary *Workbook Handout #15*



- 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)!

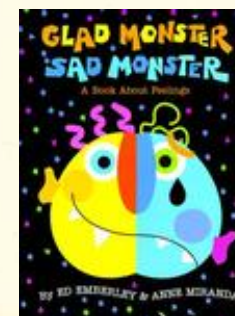
\*If you're **sad** and you know it, cry a tear: "Boo hoo!"

\*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!"

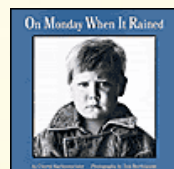
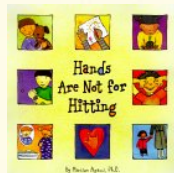
### Children's Books

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



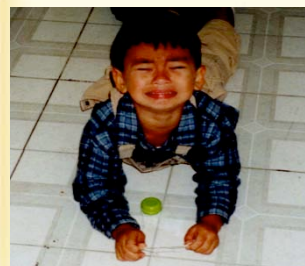
### Children's Books

#### Workbook Activity #16



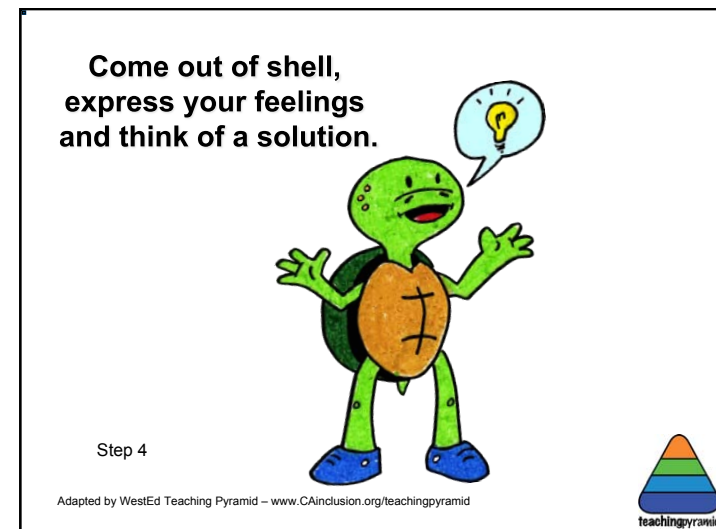
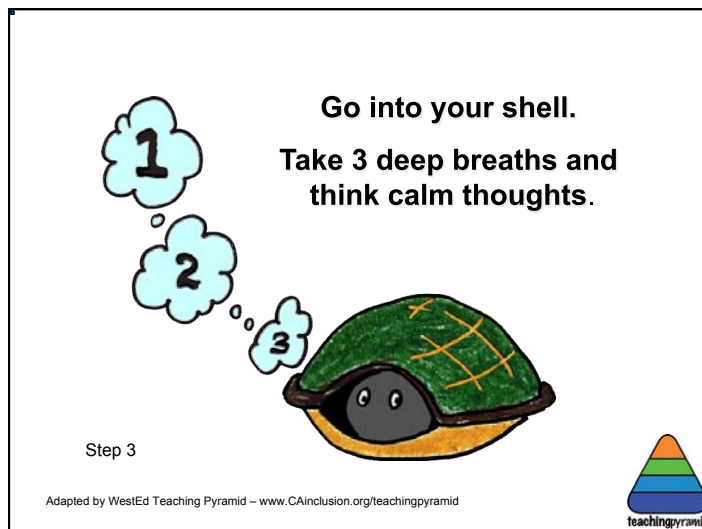
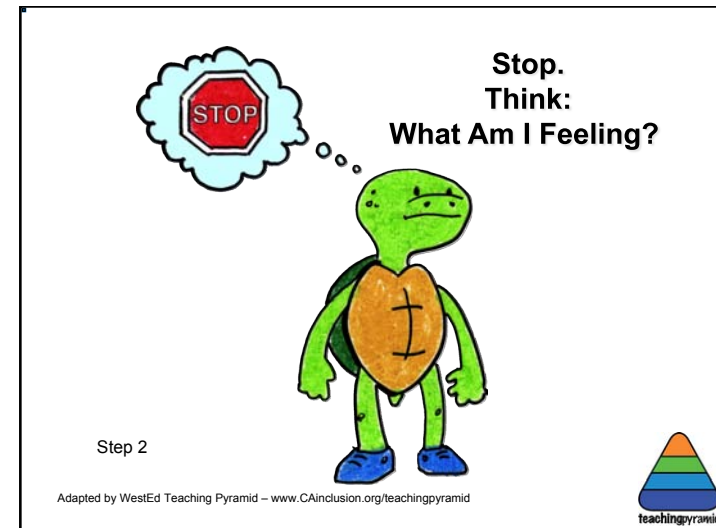
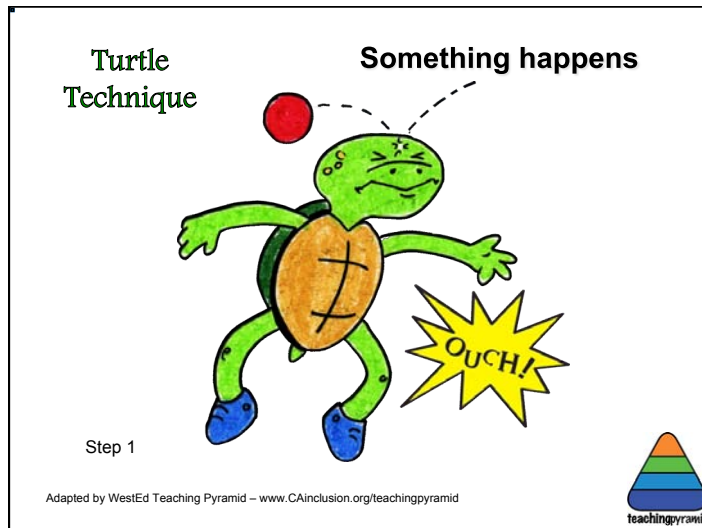
- Get with a partner and read the book.
- What feeling words could you teach your child?
- What fun games or activities could you use that would relate to the book?


### 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



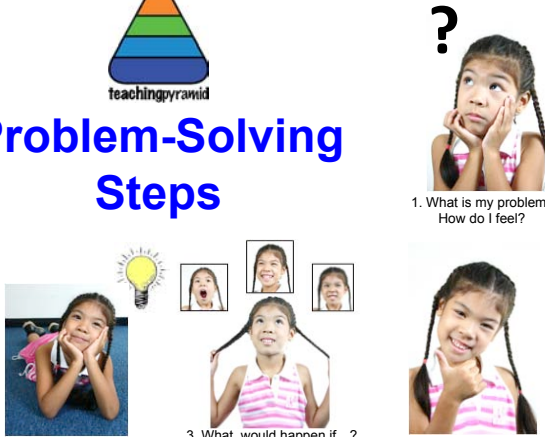
## Turtle Puppets



<http://www.folkmanis.com>

## 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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