



Counselor's Corner December 01, 2018

Did You Know?

It helps to talk with students about how we need to practice calming down when we have strong feelings. When children are calm, it's the best time to make a plan for how they will calm themselves down when they feel strong emotions. Help the student recognize their body's early signs of a strong emotion (heart racing, clenched jaw, feeling hot, etc.). This helps them learn when to start using their cool down strategies. Help them choose from techniques like taking a break, deep breathing, coloring, music, progressive muscle relaxation. Have them practice these skills when calm.



Helping students cope with emotions



Children can feel the same highly charged emotions as adults. The difference is that adults have more coping skills to manage the emotions than do children. When students experience strong feelings of anxiety, anger or fear, they need our help to cope. Teachers can help by:

- Teaching them to name the feelings with feelings posters, reading children's books about feelings are useful.
- Normalize the feelings. Explaining that everyone feels these feelings and we all have to manage them.
- Provide a calming area in the classroom with coloring, play dough, stress balls available.
- Teach logical thinking to reduce emotionality.



Related websites/contact information:

CopingSkillsForKids.com

ImperfectFamilies.com/what-anxious-and-angry-kids-need-to-know-about-their-brain/

LemonLimeAdventures.com

pbisworld.com/tier2teach-social-skills/

