

EMOTIONS (Focus on identifying the emotions, but we can add resources about regulating/coping.)

Statement for Parents about SEL during this time:

Our bodies are like car engines and our emotions affect its performance. Some emotions rev us up while others cause us to run a bit sluggish. There are emotions that run our bodies at optimal performance, but the question is how do we turn our revved up or sluggish emotions into those of optimal performance? The activities listed below will help your children build their emotion vocabularies, identify which emotions are their current driving force and offer ideas on how to run their emotion engines at optimal performance.

Integrating the theme into the Home:

- **Emotional Vocabulary -**
 - Use the chart below to help build your child’s emotional vocabulary.
 - Ask your child to identify how they are feeling at the moment. Something to keep in mind is that our emotions can change in an instant, especially during times of stress. The emotion we are currently feeling may change though the situation has not. It is common for emotions to be all over the place. This idea is where the term “emotional rollercoaster” came from. If you or your child are experiencing the “emotional rollercoaster” right now know that you are not alone.

Confident	Energized	Happy	Sad	Confused	Hurt	Angry
Sure	Determined	Amused	Upset	Uncertain	Jealous	Annoyed
Tenacious	Inspired	Delighted	Weepy	Upset	Rejected	Agitated
Ambitious	Creative	Glad	Depressed	Doubtful	Betrayed	Fed Up
Empowered	Healthy	Pleased	Sorrowful	Perplexed	Let Down	Irritated
Bold	Renewed	Grateful	Disappointed	Hesitant	Wounded	Mad
Strong	Vibrant	Optimistic	Crushed	Shy	Criticized	Critical
Brave	Strengthened	Content	Frustrated	Lost	Tender	Livid
Prepared	Motivated	Joyful	Heavy	Unsure	Punished	Disgusted

Secure	Focused	Enthusiastic	Pessimistic	Embarrassed	Bitter	Outraged
Encouraged	Refreshed	Loving	Desperate	Tense	Resentful	Furious

- **Emotional Engine - What is your current driving force?**
 - Emotions can be a bit tricky to identify. For younger children it may be easier (ex. My sister took my toy and I'm mad), but as we get older and the situations get more complex it might not be as easy. You may have to first start with identifying how your engine is running then think through the emotions involved in the situation.
 - ***Are You?***
 - **Sluggish**
 - Sleeping too much
 - Unmotivated
 - Unable To Complete Work Assigned
 - More Time Spent Online For Non-School Related Activities
 - *Compared to last week*
 - Avoiding Others
 - Eating too much or skipping meals
 - **Revved Up**
 - Angry
 - Yelling
 - Short tempered
 - Crying
 - Can't sit still
 - Too much energy
 - Bothering others
 - **Running At Optimal Performance**
 - Calm
 - Happy
 - Peaceful
 - On track with school work
 - Confident
 - Social
 - *Introverts & extroverts will have different definitions of Social*
 - ***Running At Optimal Performance***
 - **Activities to Add Gas to Your Engine**
 - Stick to your regular schedule
 - **OR** if you feel like you are a little stuck in your schedule mix things up.
 - Ex: afternoon activities in the morning and morning activities in the afternoon
 - Go for a walk
 - Go on a bike ride

- Exercise
- Do something creative
- Call a friend
- Listen to energizing music
 - Make a list of the things you are grateful for
- **Activities to Calm Your Engine**
 - Yoga
 - Mindfulness
 - Go for a walk
 - Exercise
 - Deep breathing
 - Take a break
 - Listen to calming music
- **Emotional Connection**
 - The more aware we are of our emotions in different situations the more we can connect them to current things happening. Below is a great game to play with kids of all ages to build emotional connections.

Resources (Please note what grade level or grade specific - books, articles, videos etc.)

(PK - 2nd) ["Emotions" - StoryBots Super Songs](#)

(5th - 12th) [Yoga for Teens](#) - Online video for teen yoga

(7th - 12th) [Low Impact FULL BODY HIIT Workout \(No Equipment + No Jumping\)](#)

(7th - 12th) [Awaken The Artist Within | Yoga With Adriene](#)

(7th - 12th) [20 min Full Body STRETCH/YOGA for STRESS & ANXIETY Relief](#)

(PK - 6th) [Calming Music](#)

(7th - 12th) [Calming Music](#)

(PK - 6th) [Energizing Music](#)

(7th - 12th) [Energizing Music](#)

(PK - 4th) <https://childhood101.com/helping-children-manage-big-emotions/>

(7th - 12th) <https://www.foothillsacademy.org/community-services/parent-education/parent-articles/teenage-brain>

(5th - 12th)

<https://www.psychologytoday.com/us/blog/emotionally-healthy-teens/201909/how-react-adolescent-emotions>

(8th - 12th)

https://www.ong.ohio.gov/frg/FRGresources/emotional_intellegence_13-18.pdf

Additional Technology Apps/Resources (Please note what grade level or grade specific - books, articles, videos etc.)



Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.



Sleep, meditation, and relaxation are in your hands with **Calm**, another popular mindfulness app. These guided meditations are perfect for complete novices through seasoned practitioners, and you have your pick when it comes to how long you can dedicate to the app each day. In addition to an assortment of daily meditations, Calm features nature sounds and sleep stories.



Colorfy is an adult coloring book brought into the digital realm. With a selection of images and mandalas to choose from, you can spend hours in a flow state or focused meditation through this app. Pouring your attention into the beautiful designs can distract from your anxious thoughts and help calm you down.



Mindshift helps manage and decrease anxiety for people of all ages, and is used across the world.



What's Up? uses techniques from both Cognitive Behavioral Therapy and Acceptance Commitment Therapy to help users cope with issues like anxiety, depression, and anger. The app offers a diary feature with a scale for rating your emotions, a “catastrophe scale” to help you put problems in perspective, breathing techniques, and an interactive question game to keep you feeling grounded during stressful moments.



Stop, Breathe, and Think is your daily mindfulness app that also prompts you to input how you're feeling. Select your mood when you open the app and it will suggest the meditations, yoga sequences, or acupuncture that could serve you best in that moment, from deep breathing exercises to body scans to visualizations. The check-in feature also allows you to track your moods and progress, so you can examine what you feel most and focus on taming or understanding those anxieties better.



iWish - Life Goals, Wish List, Bucket List - free download with in-app purchases available

Discover 1200+ amazing ideas, Dream the life you want, Imagine it is possible, Believe in yourself and Succeed! Rated 5 stars and loved by thousands of people around the world! With iWish you have all the tools you need to set Smart Goals and Fulfill your Dreams! Don't you ever yearn for change?