Helping kiddos control their emotions

You have decided to work as a camp counselor for the summer and have been assigned to work with campers who have just finished kindergarten. Several of the kiddos have been throwing tantrums or crying when a little thing goes wrong. Having just taken a psychology course, you have decided to do some research and discover proven ways for young children to learn how to control their emotions. You also realize that this might help you handle the challenging tots better!

Look through the sources below, answer the questions in detail, and then **develop a poster that you can use with the campers to help them control their overwhelming emotions**. You will post a picture of your poster at the end of this document.

Sources:

A. 5 Steps to Help Kids Learn How to Control Their Emotions
B. Emotional Coaching: Helping Kids Cope with Negative Emotions
C. Helping Sensitive Kids Manage Their Emotions
D. How Do Children Develop Emotional Health?

Summarize the readings on the back of this sheet.

1. Sammie has a hard time when things don't go well. Sammie will slam down toys, stomp her feet, and pull at her own hair when she can't play with a certain toy or doesn't win a game. What can you do or say to help this camper? Identify the source(s) by letter from which you got your idea.

2. Caleb doesn't like it when his grown up leaves after he is dropped off at camp. He will cling to a counselor, which makes it hard for the counselor to do his job. Caleb will cry and will refuse to join playing with the other campers. Most days it will take him 2 hours to be calm enough to participate in the activities. What can you do or say to help this camper? Identify the source by letter from which you got your idea.

3. Describe **two** steps that you can take as a counselor to help the campers control their emotions? Identify the source(s) by letter from which you got your ideas.

4. Identify **three** strategies for the campers which will help control emotions. Identify the source(s) by letter from which you got your ideas.

5. Develop your poster and post in the Canvas assignment. You may draw the poster, take a photo, and embed the image. You can also design it in Canva, JamBoard, or another program, and embed the image. Do you have another idea- go for it! If you prefer to make up a song that will help the children, you can write down the lyrics, record yourself singing it and **upload a version of your work to Canvas**. We will present in class.

A | 5 Steps to Help Kids Learn How to Control Their Emotions	B | Emotional Coaching: Helping Kids Cope with Negative Emotions
C | Helping Sensitive Kids Manage Their Emotions	D | How Do Children Develop Emotional Health?