

websites and Resources to Assist Children with Emotional Regulation

www.copingskillsforkids.com

lynnenamka.com/anger-management/

<https://gozen.com/49-phrases-to-calm-an-anxious-child/>

-49 Phrases to Calm an Anxious Child

whole Body Listening - Fun Activities to Do at Home!

<https://www.socialthinking.com/Articles?name=help-your-kids-become-whole-body-listeners>

Emotional Regulation:

5 Incredibly Fun GAMES to Teach Self-Regulation (Self-Control) | Early Childhood Development

https://youtu.be/H_O1brYwdSY

Why Do We Lose Control of Our Emotions?

<https://youtu.be/3bKuoH8CkFc>

website Resources for Children about Mindfulness:

www.stopbreathethink.com

www.stressfreekids.com

YouTube Videos

“Just Breathe” by Julia Bayer Salzman and Josh Salzman

“ Breathing Meditation (Pinwheel)”-Veronica Mayo

“Mindfulness for Kids-Learning about our Thoughts”

“Days of Mindfulness Bootcamp”

“Bring It Down-Flow Go Noodle”

“Rainbow Breath Go Noodle”

Child Friendly guide to Coronavirus (credit: mindheart.kids):

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_bec2d5e852fc46ed8e7d0f2396fb5385.pdf

<https://childmind.org>

101 Ways to Teach Children Social Skills:

Accommodations: For any questions to be answered, students can write down their answers, draw a picture of their answers, tell a family member the answers instead of writing, or create their own video answering the questions.

Following Rules	*Read the book, or watch on youtube, the story of Peter Rabbit. - Youtube link: https://www.youtube.com/watch?v=EuTIQCGxE5Y *What did this video teach you about the importance of following rules? *Have the student name that School Rule! - What is one rule about the hallways? - What is one rule about going to the bathroom? - What is one rule about the lunchroom? - What is one rule about standing in the student line? - What is one rule about playing with other students?
Friendship	*Watch video on Friends: - Youtube links: Small Talk Friendships https://www.youtube.com/watch?v=d9HH3pTmHz8 - OR Elmo and Rosita Teach about Friendship https://www.youtube.com/watch?v=59tKI37x1d4 *Friendship Cards-have student cut out the friendship task cards and then place them in a pile upside down on the table. Have them pick up each card and answer the questions as time allows. (24 total) - Link: https://www.teacherspayteachers.com/Product/Friendship-Cards-Social-Skills-Prompts-190109
Friendly or Not	- Follow up to Friend Lesson Above *Have your child print out the cards and cut them and then have them do THUMBS UP if Friendly and THUMBS DOWN if Not Friendly. Encourage them to play with a friend, adult, or sibling - Link:

Kindness	Read or watch "Have you Filled a Bucket Today" Youtube: https://www.youtube.com/watch?v=JEg38zCOMgk *Look and read through the KINDNESS checklist *Choose and check off 3 things you can do today to show kindness and fill others buckets. Link: https://www.teacherspayteachers.com/Product/FREE-Kindness-Checklist-for-Older-Students-Teachers-Parents-US-Letter-1545654
Feelings Journal	*Have your child write or draw a picture on each page of the feelings journal. Links: https://www.teacherspayteachers.com/Product/Feelings-Writing-Journal-for-Social-Emotional-Learning-3388475 (younger)
Just Breathe	Watch video on youtube: Just Breathe https://www.youtube.com/watch?v=RVA2N6tX2cg Do the breathing technique enclosed called "Balloon Breathing" pay attention to how your body feels before and after you complete the breathing exercise. Does your body feel more calm?
<u>I am Special</u>	*Watch video on youtube: Sesame Street-What makes people special. https://www.youtube.com/watch?v=LrPm7BasRBo *Have your child fill out the What Makes you Awesome Activity Links: https://www.teacherspayteachers.com/Product/What-Makes-You-Awesome-Back-to-School-low-prep-activity-4825772 *Have your child stand in front of the mirror and tell themselves the things they listed that make them AWESOME.
Following Directions	Watch Video: Worst Day of My Life Ever Link: https://www.youtube.com/watch?v=DS41qhB1HNM *Why it is important to follow directions? Activity: Have your child complete the coloring project by following directions (young kids can have an adult or older sibling read them the directions). Links: https://www.teacherspayteachers.com/Product/Spring-Listen-Up-Following-Directions-FREEBIE-2371862 https://www.teacherspayteachers.com/FreeDownload/Classroom-Listen-Up-Following-Directions-FREEBIE-2625130
Gratitude	*Watch Video: My Gratitude Jar Link: https://www.youtube.com/watch?v=6TYvJh5Cwww Students can make their own gratitude jar with these printables: Link: https://www.teacherspayteachers.com/FreeDownload/Gratitude-Jar-4465956 OR Students can print off a gratitude jar activity page Link: https://www.teacherspayteachers.com/Product/My-Gratitude-Jar-Mindfulnessthanksgivingthankfulself-compassionkindness-4339732
What Do I Value?	Have your child complete the values page in 101 Social Skills page 13. *Have students share their answers with a parent or friend

Big Feelings Come and Go	Have students read the book at this link: https://protectchildren.ca/pdfs/C3P_BigFeelingsComeAndGo_storybook_en.pdf (this book is 54 pages for young kids)
How Big is My Problem?	Video: Big Problems and Small problems Link: https://www.youtube.com/watch?v=bvFiryg2dms Activity: Problem Solving Sort Link: https://www.teacherspayteachers.com/FreeDownload/Social-Skills-Big-and-Little-Problem-Task-Card-Sort-FREEBIE-2132934 How Big Is My Problem Scenarios: Link: https://www.teacherspayteachers.com/FreeDownload/How-Big-is-the-Problem-FREE-1822838 Chart and Scenarios Link: https://www.teacherspayteachers.com/FreeDownload/How-Big-is-My-Problem-Task-Cards-Free-Sampler-2169630
Social Skills Game	Print off Game board here: https://www.teacherspayteachers.com/FreeDownload/Social-Skills-Game-3485165
Interrupting	Watch Video Choices: Interrupting Chicken Chicken: https://www.youtube.com/watch?v=Shq8G3QY9R0 My Mouth is a Volcano: https://www.youtube.com/watch?v=TqLvnGr2JtA Activity: Interrupting Social Skills https://www.teacherspayteachers.com/FreeDownload/Interrupting-Social-Skills-Worksheet-Activity-and-Social-Narrative-5137508 You can just complete the question worksheet and sort activity. If your child does not want to cut out the scenarios, you can instruct them to place a CHECK MARK on times it's ok to interrupt and a PAUSE HAND on ones when it's best to wait.