

MHM January 2023: Emotions #2

The Mental Health team at Oak Grove, consisting of our three School Social Workers, our two School Psychologists, and the Social Emotional Learning Team, will be providing you information on several social emotional topics throughout the 2022-23 school year. Twice a month, we will provide you with a brief overview of a topic as well as at least one resource for additional information. Please feel free to reach out to Ryan Murray murray@ogschool.org if you have questions or need help finding more information.

This week's topic is EMOTIONS. In a household with children, it is not uncommon to hear that “someone made me mad” or that something is the “end of the world”. Asking questions such as “what size is this problem?” or “what is something you can control in this situation?” are great ways to get children to start thinking about their roles in various situations as well as help develop awareness of if the way a child reacted to something matched the size of the problem.

Two resources that create great talking points and are used on a daily basis with the Mental Health Team at Oak Grove School are [Size of the Problem](#) and [My Circle of Control](#). Both links will provide information regarding these two great SEL conversation starters!



Size of the Problem

The Problem

Size of the Reaction

What Happened

Emotion Words

Big
Adults need to solve

Medium
Someone needs to help (often adults)

Small
Child can solve by themselves

Really... Scared, Hurt, Upset, Worried

Worried, Frustrated, Confused, Sad, Mad

A little, Worried, Annoyed, Sad

Instructions:

- 1. Think about the size of the problem, write it in that section.
- 2. Circle the size of the problem number (at least).
- 3. Circle the size of the reaction number (at least).
- 4. Explain how (or someone reacted) What happened?
- 5. Draw a line from the problem number to the reaction number.

Notes:

- If the reaction size was the same size as the problem, or smaller, people usually don't think a new problem was created.
- If the reaction size was bigger than the problem size, this often creates a new problem for people watching.
- If the reaction size is bigger than the size of the problem, what's the new problem?



Things OUTSIDE My Control

Things I CAN Control

My Life

Other People's Actions

Other People's Words

Other People's Thoughts

Other People's Mistakes

Other People's Feelings

Other People's Opinions

My Thoughts

My Emotions

My Effort

How I React

My Time

My Words

My Actions

My Presence

My Behavior

How Other People React

Other People's Behavior