

Materials	Shoe box or container, chosen calming items
Learning Outcome	Discuss self-regulation strategies and create a personalized kit to support with managing your emotions.

Description

Generate a discussion with the child about what strong emotions feel like and what they commonly do to identify and manage these emotions. Ask the child the following questions:

- What big emotions (positive or negative) have you felt?
- How do you identify that emotion? Is it how your body feels? Is it what you are thinking? Or do you have some other way(s) of identifying the emotion?
- Once you have identified the emotion, do you have ways of managing the emotion? If so, what do you do?
- Why do you think it is important to identify and manage your emotions?

After discussing ideas and strategies for identifying and managing emotions, explain to the child that there are many calming strategies to use after identifying their emotions. To support managing emotions, it is helpful to create a personal calming kit. Calming kits are personalized based on each individual and what supports them when they feel big emotions. Invite the child to create their own calming kit and brainstorm household items that are available to develop the kit. Share with the child the following examples of items:

- Instructions for deep breathing exercises
- Stress ball
- Fidget toy (e.g., spinner, Rubik's cube, playdough, etc.)
- Bubble wrap
- Notebook with pencil
- Photos of family and/or friends
- Eye mask
- Noise cancelling headphones
- Illustrated yoga poses
- Books
- Puzzles
- Doodle tools (e.g., chalk board, white board, Etch-a-Sketch, colouring book, etc.)

- Timer
- Illustrated calm down cards
- Blanket
- Kaleidoscope or plastic snow globe
- Harmonic or kazoo
- Other items of choice

Support the child with developing and collecting items for their calming kit and encourage them to label and decorate it. Practice using the calming kit when the child is calm and place it in a place where they can use it when they are feeling big emotions.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *Do you think the contents of your calming kit would be the same as the contents of the calming kits of family and friends? Why or why not?*
- *Do you think the items in your calming kit will change as you get older? Why or why not?*