


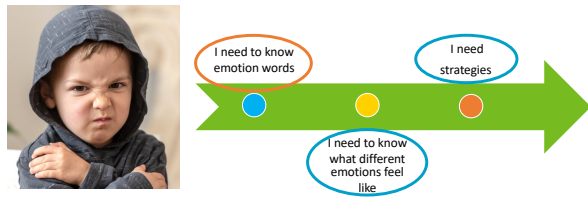

# Unpacking the Pyramid Model: Emotional Literacy Part 2

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## What I need...

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## What I need...



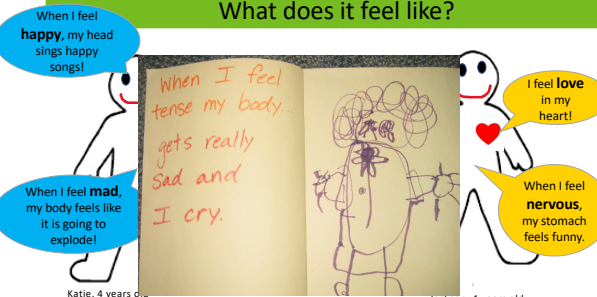

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## What I need...





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## What does it feel like?

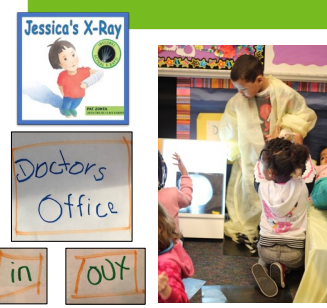


Katie, 4 years old      Jackson, 4 years old




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## What does it feel like?



Riley was mad. Roaring mad!  
She could feel her face get very, very hot.  
She huffed and puffed.  
She was breathing so fast!  
Her hands curled into fist.  
Her shoulders rose up to her ears.  
Riley's body felt so tight.



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### Relaxation Thermometer

Relaxation Thermometer

Relaxation Thermometer

Relaxation Thermometer

Relaxation Thermometer

Front

Back

Tense/Stressed

Relaxed

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### Make an Emotion Flip Book

He threw sand on me.

My toy is broken.

She knocked my blocks over.

I want to play with them, but they said no

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### Anticipating

Roller coasters!

I have been aquiver with anticipation— ever since I first heard about them...

The Pigeon Will Ride the Roller Coaster!

I'm getting emotional!

words and pictures by Mo Willems

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### Differentiating

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### What I need...

I need to know emotion words

I need strategies

I need to know what different emotions feel like

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### Emotion Regulation

- The ability to regulate your emotions and behaviors in different settings and activities
- Includes ALL emotions, not just anger
- Children with disabilities and children who have experienced trauma might need more support and instruction with this skill

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### What I need...

**Backpack Connection Series**  
challengingbehavior.org

"I know you are disappointed that Sophie's birthday party is cancelled. You are a great card maker and I bet you will find a special way to wish her a happy birthday."

"You really wanted the red cup. Your sister has the red cup today. You can have the red cup tomorrow. Do you want the blue or the green cup today?"

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### Worry & Anxiety

**WHAT IF I KNOW MY FEELINGS?**




What if I feel **FRIENDLY**?




I can wave hello!

But what if I feel **SHY**?



I can watch until I'm ready to join in.

What if I feel **BRAVE**?



I can try something new!

But what if I feel **SCARED**?



I can ask for help.

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### Strategies



**Take a Deep Breath**

Sneez the flower      Blow the pinwheel





Take a deep breath  
Quiet space  
Hug me  
Hold me  
Put my arms around myself and squeeze  
Sing a quiet song  
Talk – my words tell how I feel  
Take a break




SEEDS for Success Georgia  
decal.ga.gov

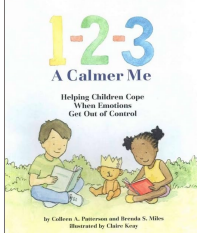
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### Calming Strategies



**1-2-3 a calmer me**  
**1-2-3 I hug me**  
**1-2-3 relax and b-r-e-a-t-h-e**  
**1-2-3 a calmer me**




1-2-3  
A Calmer Me  
Helping Children Cope When Emotions Get Out of Control  
by Catherine A. Patterson and Brenda N. Milne  
Illustrated by Christy Kemp

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### Do the Turtle Tuck!


**The Turtle Technique**




Step 1: Stop and breathe.

Step 2: Tuck and think.


**Tucker Turtle Takes Time to Tuck and Think**


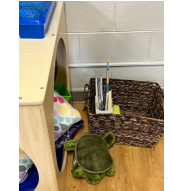


**La tortuga Tucker toma tiempo para detenerse y pensar**



**The Turtle Thinker**



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### Make up your own Tucker songs!



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### Breathing

**Lion Breathing:**

Use **big, deep breaths** and roaring to release anger and frustration.

**Ready, Set, Time to Breathe!**


- Breathe in for a 5 count.
- Breathe out and roar for a 5 count.
- Repeat 3 times.

**Bear Breathing:**

Focus on holding your breath to create a feeling of peace and restfulness.

**Ready, Set, Time to Breathe!**

- Breathe in for a 5 count.
- Hold for a 5 count.
- Breathe out for a 5 count.
- Repeat 3 times.






**BARTON LAB**  
**LAB.VANDERBILT.EDU**

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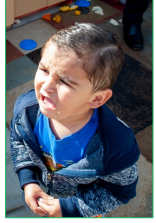
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### Individual Child

**I Can...**

- Blow Bubbles** 
- Do Wall Pushups** 
- Count to 10** 


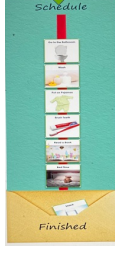
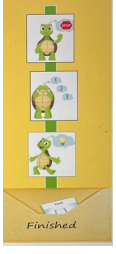
**When I am mad...**



headstartinclusion.org

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### Individualizing

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### Demonstrate and Describe

- How do you use it?
- How does it help?
- Where does it "live" for children to access?

**Take a Deep Breath**

Smell the flower | Blow the pinwheel

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### Practice

- After you introduce the skill and the visual...
- How will you have the children practice?
- Ideas

**Take a Deep Breath**

Smell the flower | Blow the pinwheel

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### Reinforce and Reflect

- Reinforce through positive descriptive feedback
- "You noticed when you were feeling frustrated and you used the pinwheel to calm down! Way to go!"
- "Look at you taking slow deep breaths!"

**Take a Deep Breath**

Smell the flower | Blow the pinwheel




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### Modify and Individualize

- For a child who uses a visual schedule where pieces are taken off
- For a child who loves bunnies
- A child who might need support in another language

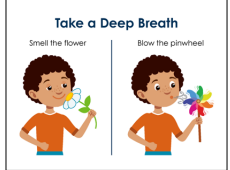




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### Planned Opportunities

- When else might children use the skill?
  - Small group activities
  - Outside
  - Active games
  - Embedded into book reading



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### Movement





**KIDS 5 MINUTE HIT WORKOUT FOR SELF-REGULATION**  
Set an interval timer and complete each animal movement for 60 seconds with 10 seconds of rest in between. Do as many as you can!

- FROG JUMPS**  
Hop, hop, back and forth like a frog.
- BEAR WALK**  
BEGO! & WAG ON the floor. Hops high - walk left and right.
- CORILLA SHUFFLE**  
Look like a bear hump, with hands on the floor, shuffle around the room.
- STARFISH JUMPS**  
Curling up on the floor as you can, with arms and legs spread wide.
- CHEETAH BUN**  
Run in place, so FAST! so you can't just like the cheetah animal in the savanna.
- CRAB CRAWL**  
Get on your hands and knees, flat on the floor behind your feet. Lift up on the ground and move.
- ELEPHANT STOMPS**  
Move like an elephant, the knees as high as you can. Lift up on the ground as high as you can.

https://www.youtube.com/watch?v=...

hes-extraordinary.com


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### Movement

Animals

Emotions




Happy



Flamingo

This is my happy flamingo dance!



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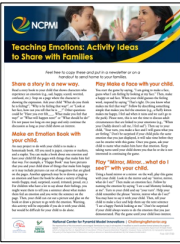
### Big Emotions!

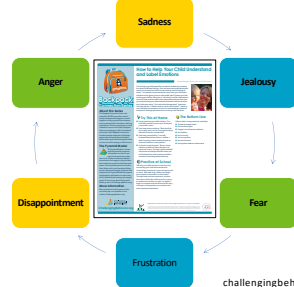


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### Power it Up With Families






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### Being Intentional: Emotional Literacy

Schedule	Activities
Movement & Music	Dance to happy, sad, excited, etc...music; play freeze dance; play freeze dance & when children stop – pull emotion visual out of bag and have children identify the emotion and move in a way that illustrates/depicts the emotion; act out book with movement
Outside Time	Use chalk to draw emotions on sidewalk or playground area; select an animal from a bag and an emotion card and then move that way (How would a sad kangaroo move? How would an excited frog move? How would a frustrated monkey move?)
Math	Use emotion stampers/ink to make patterns and have children read the patterns to you using emotion words such as happy, sad, happy, happy sad, happy, sad, happy, happy, sad – (AB, ABBA, AB, ABBA) – children can make their own patterns with the emotion stamps. They can work alone or in pairs.



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(Adapted from Giroux, 2022)

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### Friendship Skills & Emotional Literacy Skills






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### Questions/Thoughts





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