

# Emotion Management



## Why Do We Need to Manage Our Emotions?

Children who can recognize strong emotions and calm down cope better and are less prone to aggressive or problem behaviors.

Calm students are better able to demonstrate problem-solving skills, get along with others, communicate effectively, and make good choices.

Children who demonstrate the ability to manage their emotions are more likely to participate in and benefit from classroom instruction.

## Step 1: Recognize Strong Feelings

**A**

Strong feelings affect our bodies!

**B**

Pay attention for clues that you are having a strong feeling (ex. hot skin, fast beating heart, tight muscles, rapid breathing, upset stomach)!

**C**

Understand strong feelings impact the amygdala (the feeling part of the brain), making it hard to think clearly!

**D**

Recognize that noticing and thinking about feelings and our bodies gets our cortex (the thinking part of the brain) back in control!

## Step 2: Calm Down



### STOP!

Use a signal!  
Relax  
Chill out  
Hang on  
Hold up

### NAME YOUR FEELING!

Are you angry?  
Sad? Embarrassed?  
  
Give a name to the  
way you are feeling.

### CALM DOWN

Breathe!  
Count!  
Use positive  
self-talk!

## Step 3: Manage Feelings

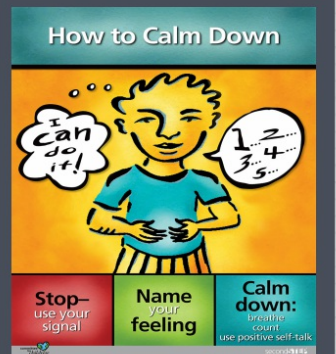
Breathe! Children should breathe in through the nose, out through the mouth, taking breaths deep enough that their tummies move!

Count! Forward, backward, in multiples, whatever works!

Use positive self-talk! It can engage the thinking part of the brain to get/stay in control! Practice words and phrases that work for your child.

Communicate assertively to avoid escalating the conflict.

Continue to use Calming Down Steps to manage strong feelings and keep calm and in control!



## RESOURCES

[http://www.secondstep.org/Portals/0/G5/Research\\_Alignment/K-5\\_Visual\\_Review.pdf](http://www.secondstep.org/Portals/0/G5/Research_Alignment/K-5_Visual_Review.pdf)

[http://www.secondstep.org/Portals/0/G5/Research\\_Alignment/K-5\\_Research\\_Summary.pdf](http://www.secondstep.org/Portals/0/G5/Research_Alignment/K-5_Research_Summary.pdf)