

Emotion Works

Week 5

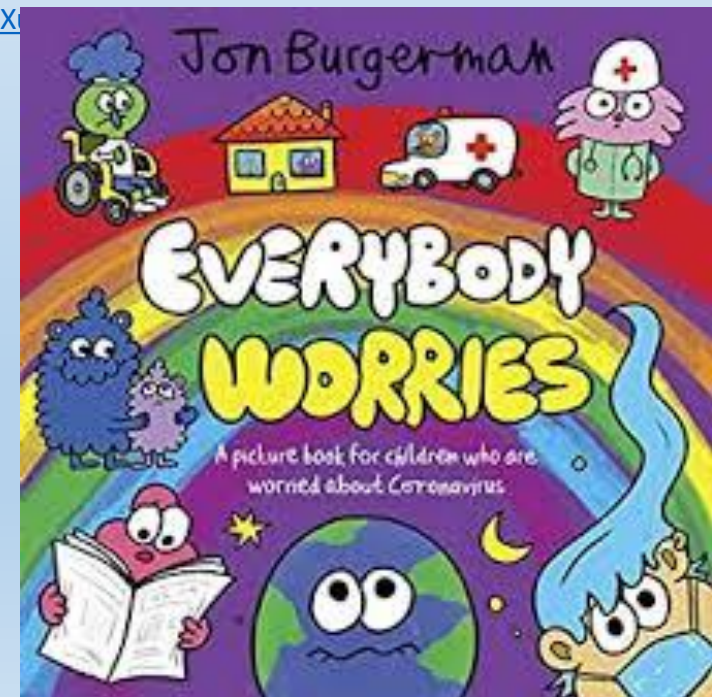
This is the
blue cog.



It reminds us to think about *things that help us feel better when emotions don't feel good.*

Read

- Read with an adult/watch online- Everybody Worries by John Burgerman
- Everybody really does worry! It is normal to feel nervous, worried and scared, especially when we are unsure about things.
- Link to ebook - <https://en.calameo.com/read/000777721945cfe5bb9cc?authid=X>
- Link to video - <https://www.youtube.com/watch?v=ST3WHJt4fZw>



Think

- Think about a time you were worried or scared about something?

Did the feeling last a long time?

Did the feeling go away?

How did you feel better? Did someone help you?

Talk to an adult about what makes you feel better when you feel worried or scared.

Create

- After talking to an adult about what makes you feel better, pick one of your regulation strategies and make a poster to share your idea with other people!

Talking with my
friends

Going for a walk

Ten deep breaths

Singing my favourite
song

Getting a hug

Reading a story

Share

- If you would like to share your poster of your regulation strategy we would love to see them! Share in your class blog or tweet @TEAMUphallPS

