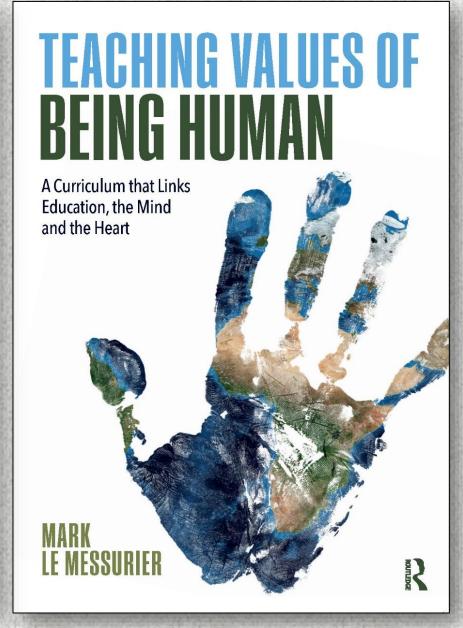


It is the human qualities we must highlight, teach and develop in our young people because the jobs likely to be 'future-proofed' are those that radiate human understandings, connections and collaborative skills at peak levels.









### **Chapter 5:**

Nurturing emotional awareness, intelligence and resilience











#### **TEACHING VALUES of BEING HUMAN**

**Chapter 5:** Nurturing emotional awareness, intelligence and resilience





**The Cocoon Room** 





**Lobethal PS** - The Cocoon Room





The resources on this table, and those you're about to see, are all from 'Teachers Pay Teachers'.

It offers free registration and resources are generally under \$5.

Great value for money.

Just type the titles below in the search bar:

The Autism Helper, for my social stories

WholeHearted School Counseling, for my coping toolkit resources

Social Emotional
Workshop, for the wall
posters







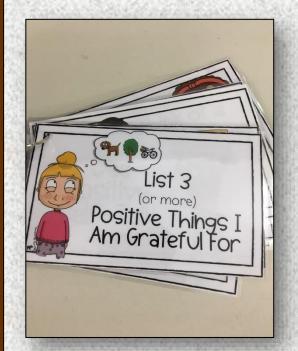




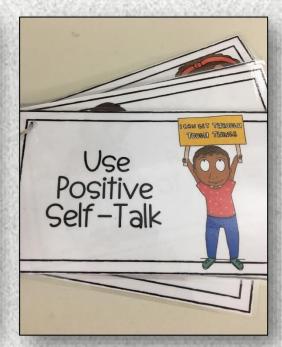


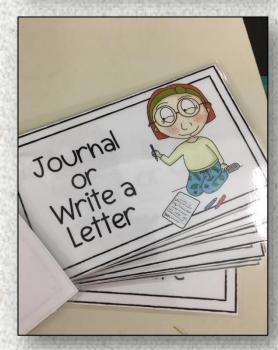








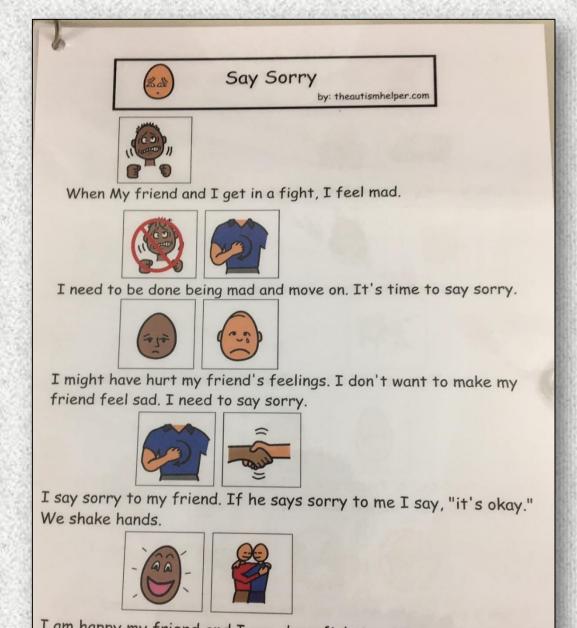










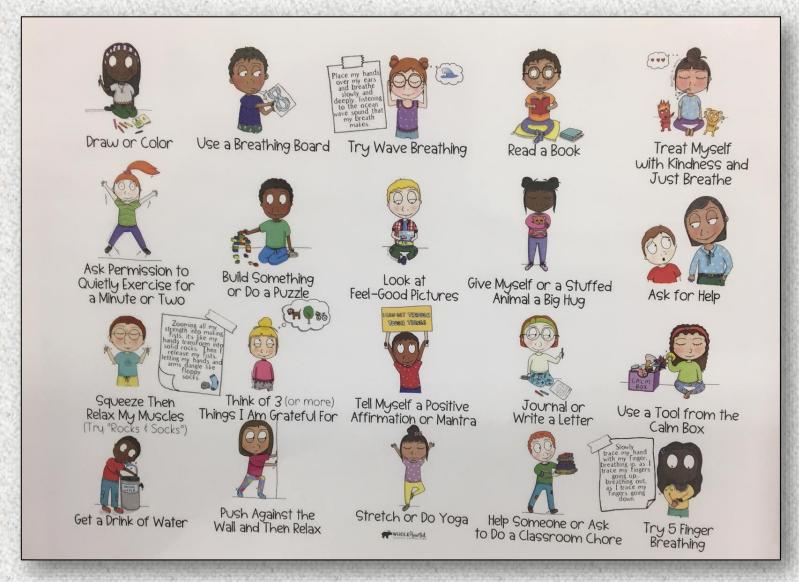


I am happy my friend and I are done fighting. Now we can have fur

#### **Lobethal PS - The Cocoon Room**



#### Lobethal PS - The Cocoon Room

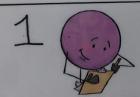




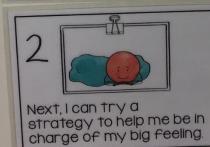




When my feelings are big and hard to control, I can use strategies.



First, I check how I'm feeling. Big feelings are okay.



3

After I try a strategy, I can check to see if I feel back in control.

I can use strategies and be in charge of my feelings.



If I am ready, I can return.

5

when I return, it's best to start off slow.







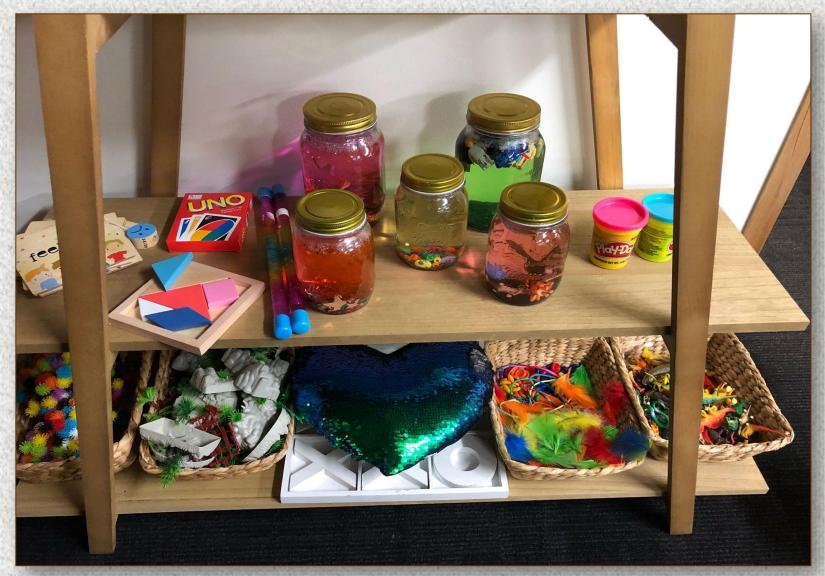


**Lake Windemere PS** 











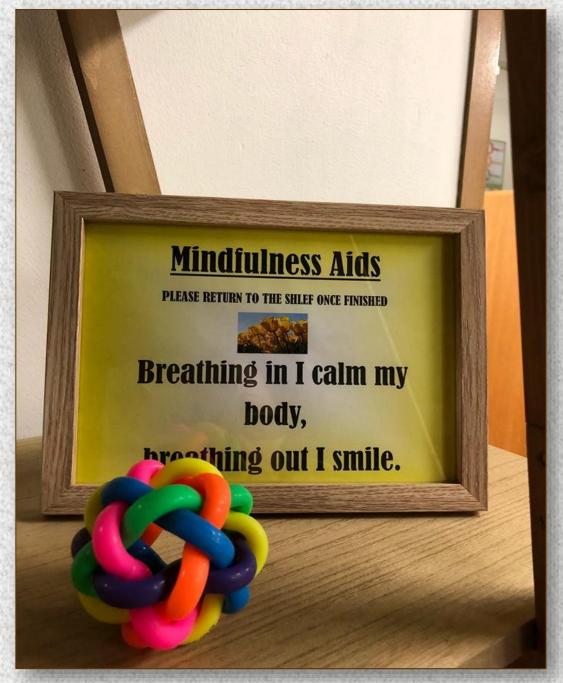






**Lake Windemere PS** 



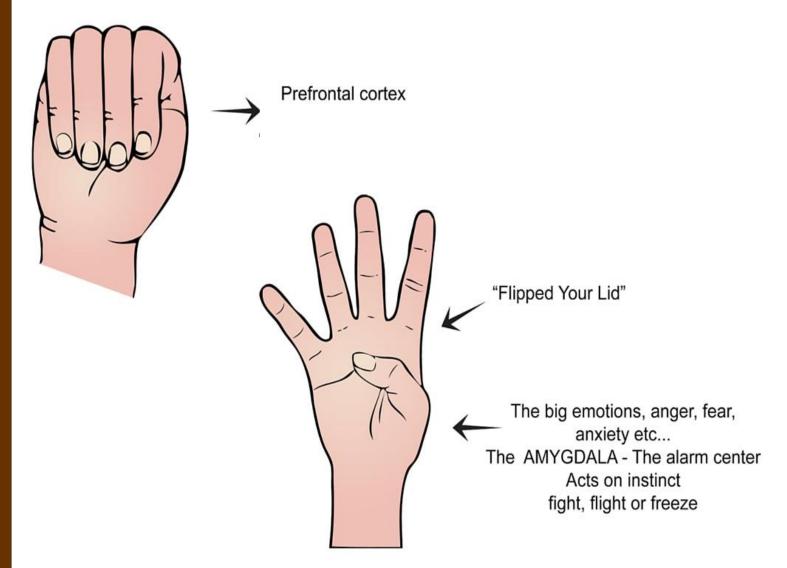




# VERSE WELCOMII SAFE SPACE FOR EVERYONE



# Dr Daniel Siegel presenting a Hand Model of the Brain - https://www.youtube.com/watch?v=gm9ClJ74Oxw







https://www.jamesnottingham.co.uk/learning-pit/





Tracking feelings with emoji boards - https://www.flinders.edu.au/people/jenniferjoan.fane







http://kimochis9.mybigcommerce.com/characters/







## 8 Basic Emotions

And the purpose of each one



Anger

To fight against problems



Fear

To protect us from danger



Anticipation

To look forward and plan



#### Surprise

To focus us on new situations



Joy

To remind us what's important



#### Sadness

To connect us with those we love



**Trust** 

To connect with people who help



#### Disgust

To reject what is unhealthy

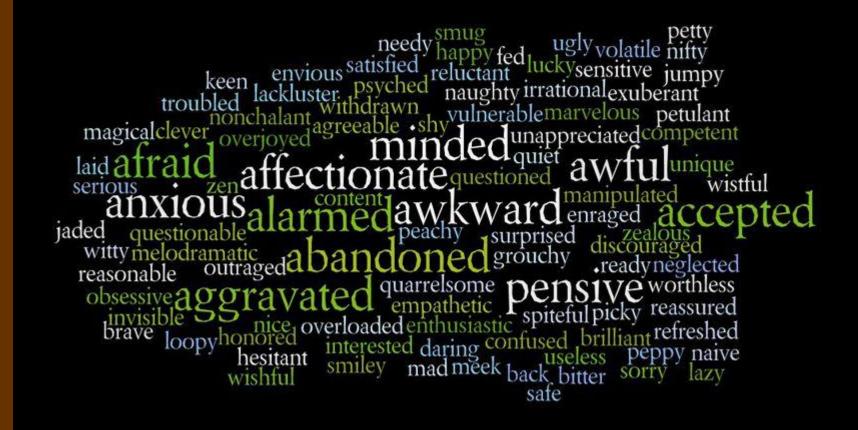


# ACTIVITY; name as many feelings words as you can





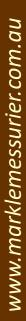
# **ACTIVITY**; tell me a time when you had 2 or 3 feelings happening at once or close together





**ACTIVITY**; what's just happened to this person? He's just experienced three feelings almost in the same moment. Name them and tell his story.









# Activity; "Guess the feeling on the face?"







Activity; "Guess the feeling on the face?"







# **ACTIVITY**; guess what I'm feeling like?

uncomfortab	e overwhelme	d ignored	JEALOUS
eager	glad	CVATER	embarassed concerned
confident	sympathy	CAPABLE	confused
patiofied	cheerful worried	insnired	
H O P	<b>EFUL</b> frust	rated guilty	LOVE
peaceful	empath	' gra	teful anxious
annoyed	playful	disgusted JUMPY	indifferent wasteful
SCARED	doubtful	eur.ñ anus.i	CAUTIOUS







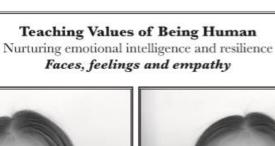
# **Activity**; Recognising feelings – "on a **REAL** face?"



afraid appreciative
alarmed apprehensive
angry ashamed
annoyed awful
anxious baffled

Ana Aznar, Harriet R. Tenenbaum Gender and age differences in parent—child emotion talk First published: November 2014 Retrieved May, 2017 - http://onlinelibrary.wiley.com/doi/10.1111/bjdp.12069/abstract













ACTIVITY;

Recognising feelings and developing empathy

Pick Grace's feelings



Grace and Lauren first met at Kindy. They've always been the best of friends. They do a lot together at school, and at home. Today, they've both arrived at the park for a play together.



### Question





Just as they start to play, Lauren says, 'Hey, Grace, you know the new girl at school called Sara? Well, I asked her to come and play with us here. She's so much fun and I want her to start playing with us sometimes.' Grace

doesn't know what to think.
She doesn't know Sara.
Sara isn't her friend.
She wished Lauren had said something earlier.



#### Question





Soon Sara arrives and starts to play with Lauren. Grace notices that they are having a lot of fun together. They are running, laughing, climbing and holding hands. She can see that Lauren is so happy playing with Sara and wonders

if there's any space for friendship left.



### Question

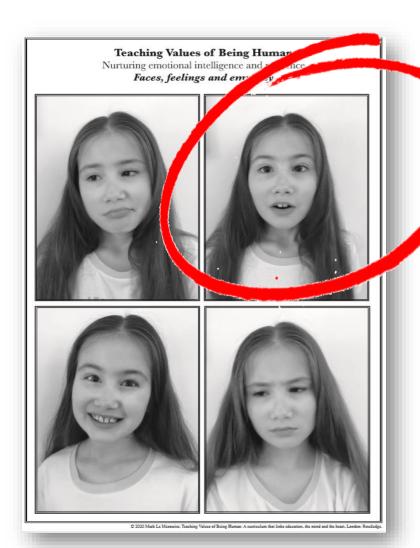




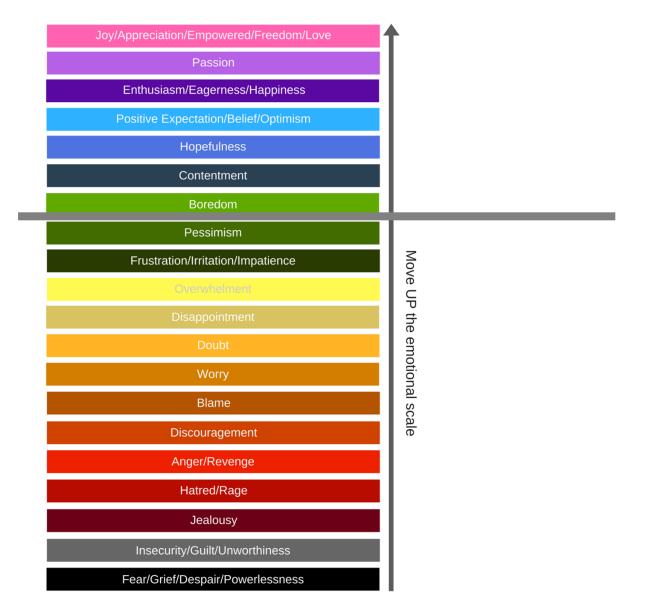
Next, Lauren runs towards Grace, grabs her hand and says, 'Grace, come on. I want Sara to play with you too. It's no fun playing without you! You know you're my closest friend!'



#### Question







ACTIVITY; build a feelings ladder

There are 2 feelings lists available. Simple and more complex. They are in the book, TEACHING VALUES of BEING HUMAN or a free download from www.teachingvaluesofbeinghuman.com.au





Talk to kids about boredom





## **ACTIVITY**; feelings come and go!









#### Student multiple intelligences survey – printable

www. edprodevelopment.com/wp-content/uploads/Student-MI-Survey.doc

```
"),d=b.data("target");if(d||(d=b.attr("href"),d=d&&a.repiac
 a"),f=a.Event("hide.bs.tab",{relatedTarget:b[0]}),g=a.Event("show.b
aultPrevented()){var h=a(d);this.activate(b.closest("li"),c),this.a
rigger({type:"shown.bs.tab",relatedTarget:e[0]})})}}},c.prototype
> .active").removeClass("active").end().find('[data-toggle="tab
a-expanded",!0),h?(b[0].offsetWidth,b.addClass("in")):b.removeC
).find('[data-toggle="tab"]').attr("aria-expanded",!0),e&&e()}v
")||!!d.find("> .fade").length);g.length&&h?g.one("bsTransition"
var d=a.fn.tab;a.fn.tab=b,a.fn.tab.Constructor=c,a.fn.tab.noCon
  w")};a(document).on("click.bs.tab.data-api",'[data-toggle="ta
se strict";function b(b){return this.each(function(){var d=a(thi
typeof b&&e[b]()})}var c=function(b,d){this.options=a.extend({}}.
,a.proxy(this.checkPosition,this)).on("click.bs.affix.data-api"
ull,this.pinnedOffset=null,this.checkPosition()};c.VERSION="3.3.7"
                                                                                             arget=a
State=function(a,b,c,d){var e=this.$target.scrollTop(),f=this.$elem
                                                                                            osition
bottom"==this.affixed)return null!=c?!(e+this.unpin<=f top)en
```

#### **Top online resiliency survey**

www.literacynet.org/mi/assessment/cgi-bin/results.cgi

# DISCOVERING GIFTS IN MIDDLE SCHOOL MULTIPLE INTELLIGENCES CHECKLIST - printable

www.wtc.ie/images/pdf/Multiple\_Intelligence/mi7.pdf





How would you describe Jade's reaction to dad?

How was Jade feeling? Name 4 of her feelings.

Did she show empathy to dad?

Find 3 possible reasons that may explain her behaviour?

Name 2 ways Jade could have handled this better?

While Jade insisted she watch her movie, what did her dad and brother do?

Who really missed out?

Her mum and dad did not fight her. What does this suggest to you? Come up with 3 reasons why mum and dad have learnt not to fight her.

Enhancing social cognition by training children in emotion understanding: A primary school study - <a href="https://www.sciencedirect.com/science/article/pii/S0022096513002129">https://www.sciencedirect.com/science/article/pii/S0022096513002129</a>





# ACTIVITY; developing empathy through perspective taking

"If you hear a feeling that you think **Jade** felt, stand up and sit down." Don't let me trick you!

Jade felt...

Happy Sad Angry Jealous Sulky Brave

Kind Surprised Disappointed

Nervous Worried Excited







# ACTIVITY; developing empathy through perspective taking

"If you see a feeling that you think **dad** felt, stand up and sit down." Don't let me trick you!

Dad felt...

Happy Sad Angry Kind Scared Fed up

Flattered Surprised Disappointed

Proud Upset Excited





# **ACTIVITY**; do you know about your 'early warning signs'? where do they live?

Warning signs	Feelings
teary	a bit upset
lump in throat	worried
cry	afraid or disappointed
tired, heavy, slow	depressed or sad
headache	stressed
sleepy, heavy, nodding off	bored
sweaty hands	nervous
sweaty all over	really scared
tight arms, chest or throat	fearful
tight body	really scared
dry mouth	tense
heart pounds fast	really scared
breathing fast	a worry on the way!
run away legs	scared
blush or turn red	embarrassed
funny tummy/'butterflies'	anxious



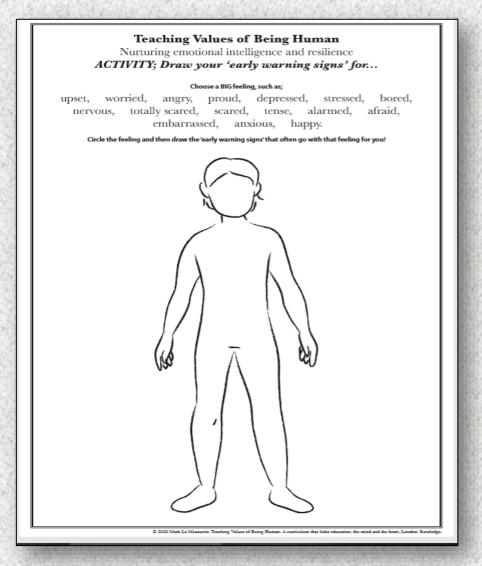


#### **ACTIVITY**; 'early warning signs' quiz?





#### **ACTIVITY**; do you know where your 'early warning signs' live?



This activity is in the book, TEACHING VALUES of BEING HUMAN Or as a free download – www.teachingvaluesofbeinghuman.com.au





#### **ACTIVITY**; Resilience – FACT or MYTH?

**STAND UP** if you think the statement is a **FACT STAY SEATED** if you think it's a **MYTH** 





# "Resilience - emotional hardiness, the skill to cope with adversity, or being able to bounce back from significant sources of stress."

(Petty, K. 2009. Developmental Milestones of Young Children. Minneapolis, Minn; Redleaf Press).





# HOW RESILIENT ARE YOU?





#### Top online resiliency surveys

How Resilient Are You? - <a href="https://www.verywellmind.com/quiz-how-resilient-are-you-4008851">https://www.verywellmind.com/quiz-how-resilient-are-you-4008851</a>

Resiliency Test - <a href="https://testyourself.psychtests.com/testid/2121">https://testyourself.psychtests.com/testid/2121</a>

How Resilient Are You? - <a href="https://www.mindtools.com/pages/article/resilience-quiz.htm">https://www.mindtools.com/pages/article/resilience-quiz.htm</a>

Resiliency Quiz - How Resilient Are You? - <a href="http://www.resiliencyquiz.com/index.shtml">http://www.resiliencyquiz.com/index.shtml</a>

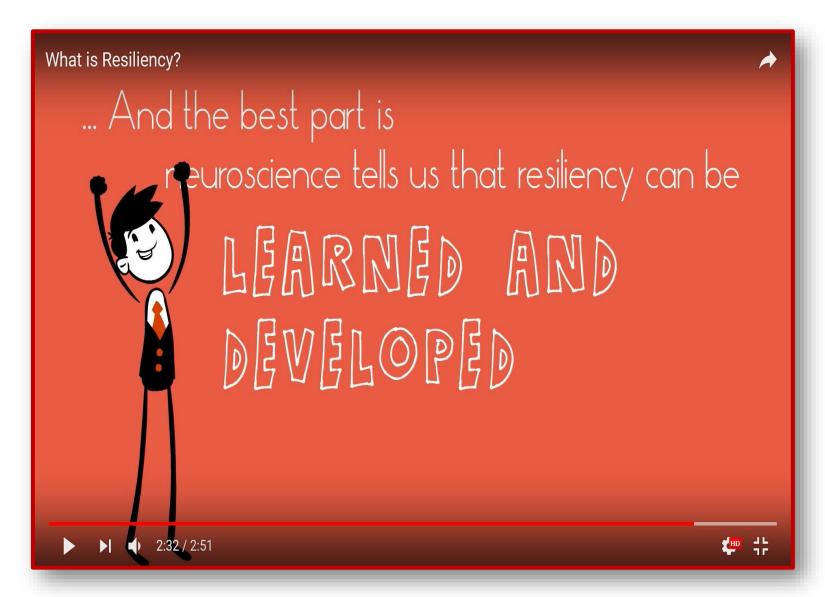
**How Resilient Are You? Take the Test!** - <a href="https://www.lifehack.org/articles/lifestyle/how-resilient-are-you-take-the-test.html">https://www.lifehack.org/articles/lifestyle/how-resilient-are-you-take-the-test.html</a>



#### **ACTIVITY;** What is Resiliency?



https://www.youtube.com/watch?v=c-cQPF8Qk04







# Nolan's Cheddar Commercial - Seriously Strong - https://www.youtube.com/watch?v=qqabqH0TZr0





#### **ACTIVITY**; discuss the resilience of characters in stories

A Chair for My Mother by Vera B. Williams Amazing Grace by Mary Hoffman Blackout by John Rocco Caring relationships and empathy by Margaret Wise Brown **Chrysanthemum** by Kevin Henkes Henry's Freedom Box by Ellen Levine Oh, The Places You'll Go! by Dr. Seuss Princesses Are Not Perfect by Kate Lum Stand in My Shoes: Kids Learning About Empathy by Bob Sornson The Empty Pot by Demi The Girl Who Never Made Mistakes by Mark Pett The Hugging Tree: A Story About Resilience by Jill Neimark The Invisible String by Patrice Karst The Name Jar by Yangsook Choi The Short Tree and the Bird That Could Not Sing by Dennis Foon The Girl and the Bicycle by Mark Pett



## **ACTIVITY**; discuss the resilience of characters in movies



The BFG (2016)

Finding Dori (2015)

Inside Out (2015)

Tangled: Rapunzel (2010)

Pitch Perfect (2012)

Hunger Games (2012)

Anna and the King (1999)

Finding Nemo' (2003)

Cinderella (2015)

Grace Unplugged (2013)

Apollo 13 (1995)

The Shawshank Redemption (1994)



#### **ACTIVITY**; make role-plays, skits and film



Increasing emotional intelligence: (How) is it possible? 2009. Delphine Nelis a,\*, Jordi Quoidbach a, Moïra Mikolajczak b,c, Michel Hansenne Department of Psychology, Belgium -

http://www.sciencedirect.com/science/article/pii/S0191886909000567



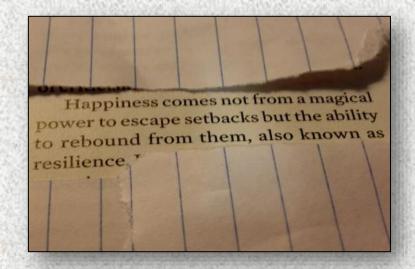
## **ACTIVITY:** present 10 images that show resilience

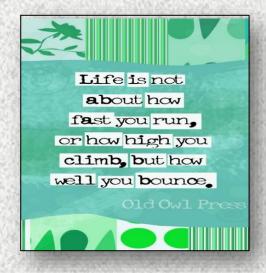






#### ACTIVITY; talk, create and share





Resilience is knowing that you are the only one that has the power and the responsibility to pick yourself up.

Mary Holloway

www. Resilience Cafe.com

I survived because the fire inside me burned brighter than the fire around me.

Raging Rhetoric Joshua Graham

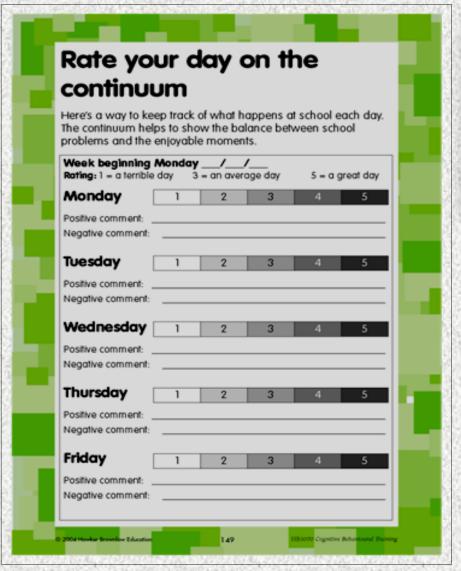








## ACTIVITY; rate your day before you go!





#### Source;

Cognitive Behavioural Training: a how-to guide for successful behaviour (2004)



## **Self-regulation**; how hard can it be?





#### **ACTIVITY**; upstairs and downstairs brain

#### **Upstairs Brain**

Allows us to think before we act Decision-making Control over emotions & body Focus/concentration Empathy

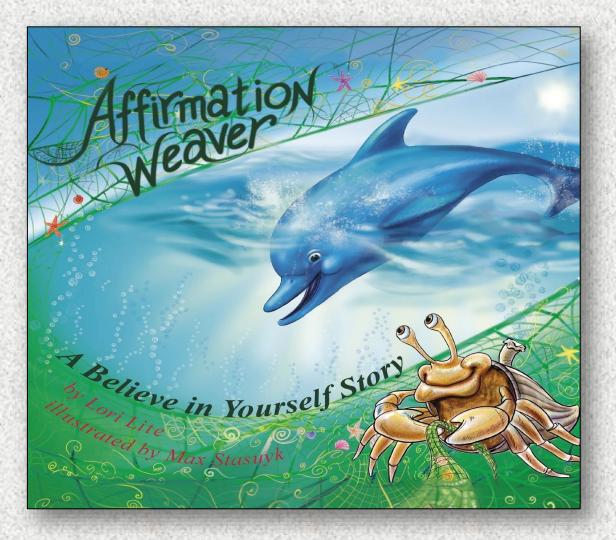
Self awareness

Downstairs Brain Allows us to act before we think Fight/Flight response **Emotional reactions Bodily functions** 

Source: Siegel & Bryson "The Whole Brain Child"



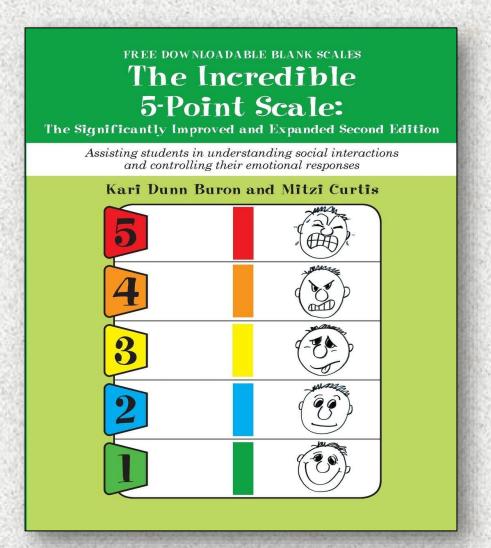
#### **ACTIVITY**; Affirmation Weaver



https://stressfreekids.com/product/affirmation-weaver/



#### ACTIVITY; the incredible 5-point scale



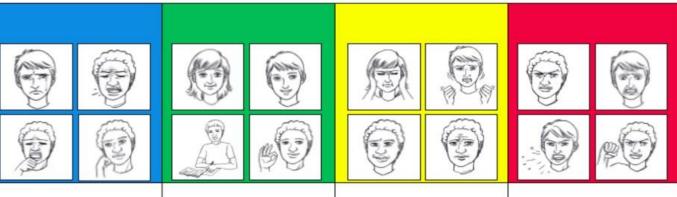
https://www.5pointscale.com/





#### **ACTIVITY**; Zones of Regulation

# The **ZONES** of Regulation®



#### **BLUE ZONE**

Sad Sick Tired Bored Moving Slowly

#### **GREEN ZONE**

Happy Calm Feeling Okay Focused Ready to Learn

#### YELLOW ZONE

Frustrated
Worried
Silly/Wiggly
Excited
Loss of Some Control

#### **RED ZONE**

Mad/Angry Mean Terrified Yelling/Hitting Out of Control

https://www.socialthinking.com/Research/How-You-Can-Help/Zones-of-Regulation



#### **ACTIVITY**; tools to lower the temperature

(for anger to anxiety, and anything in-between)

- put in ear pieces and listen to music
- paint by code or continue origami
- go somewhere private and scream and scream
- phone a friend, an auntie or uncle and complain
- go do a hobby thing Lego, tomboy, whatever!
- take a long walk with a friend
- slime play
- a spindly fidget
- fidgets filled with flour or sand
- spinning tops
- playing with trains or cars
- blowing bubbles
- light up toys in the dark
- listening to music
- listening to meditations



#### **ACTIVITY**; tools to lower the temperature

(for anger to anxiety, and anything in-between)

- draw a picture of the problem
- do a dot to dot
- colouring in mandalas
- zen drawing or doodling
- rip up a newspaper or magazine
- rip up a big sponge into a thousand tiny pieces
- throw a ball repeatedly at a target
- add a new entry to 'the anger journal' or 'anger comic book'
- play with rubber stretchy fidgets
- using a vibrating pen
- fiddling with theraputty
- time on the spin chair
- smelling cinnamon mixed with sugar and vanilla
- using a hand massager with balls that roll around and massage and spikey massage side.
- kinetic sand play



#### **ACTIVITY**; tools to lower the temperature

(for anger to anxiety, and anything in-between)

- rip up a foam pillow call it 'the destructo pillow'
- go and cuddle a big, heavy, soft cuddly toy
- snuggle under a big HEAVY blanket
- bounce on a mini-trampoline
- go for a run around the oval
- wrap them up in a big tight sheet
- use the playdough
- blow, touch and tap balloons
- build Lego
- watch YouTube
- talking to chosen, trusted adults 1:1
- flicking through picture books of interest/comfort
- minecraft, smashy road 1 and 2, connect 4, Uno
- viewing a kaleidoscope or a collection of goo timers
- Train students to fast tap... "let it go. Let it go."
- Apps 'Buddhify' and 'Smiling Mind' are my favourites





#### 'Sneaky' controlled breathing and relaxation techniques



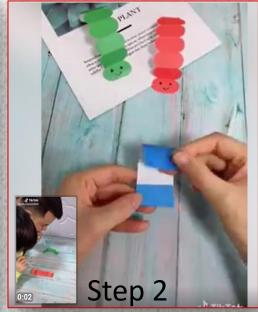






#### Caterpillar race – for all ages!

















#### Sensory in the Classroom -

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



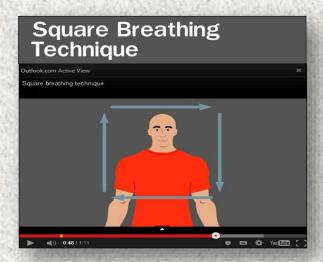
## ACTIVITY; nature journaling





#### Activity;

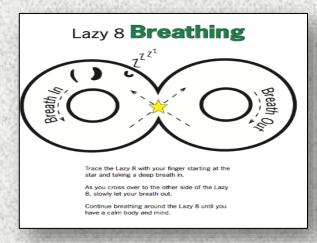
#### 4 popular controlled breathing techniques



https://www.youtube.com/watch?v=mgzhKW08bMQ



https://www.youtube.com/watch?v=HQVZgpyVQ78

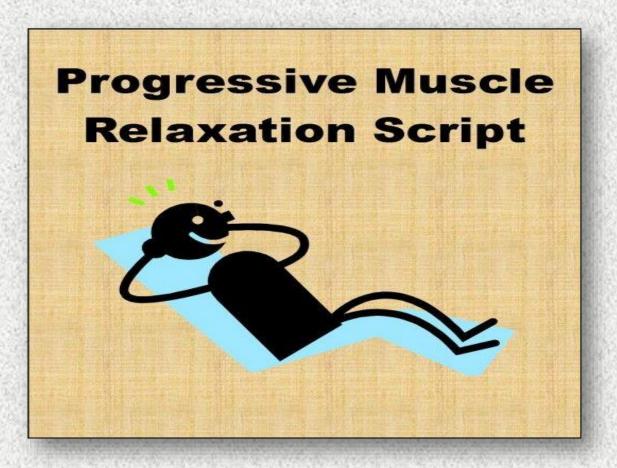


https://www.youtube.com/watch?v=n0Fv2NnqF5o



https://www.youtube.com/watch?v=b2Tbfs7neAk



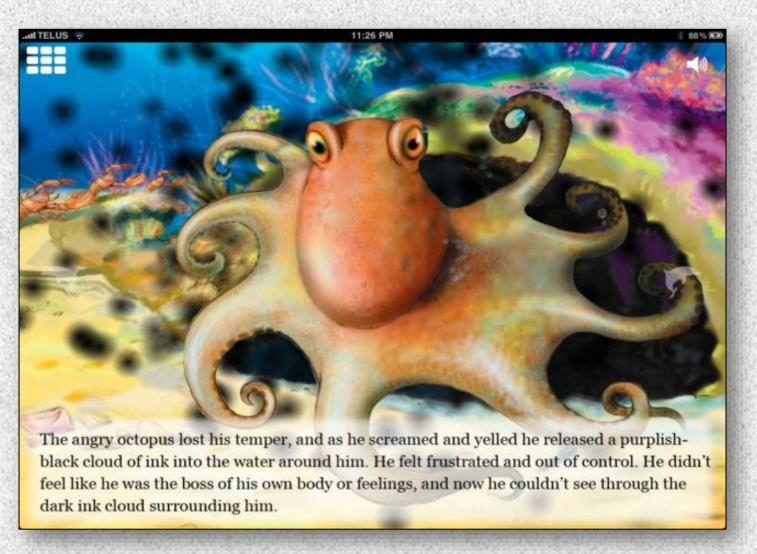


https://www.youtube.com/watch?v=Q\_diV-uqV9w

https://www.youtube.com/watch?v=wXUxiR6yQ\_Q



#### **ACTIVITY**; Angry Octopus



http://www.amazon.ca/Angry-Octopus-Ma...



## The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.





Acknowledge 4 things that you can touch around you.



Acknowledge 3 things that you can hear around you.

Acknowledge 1 thing that you can taste around you.



Acknowledge **2** things that you can smell around you.



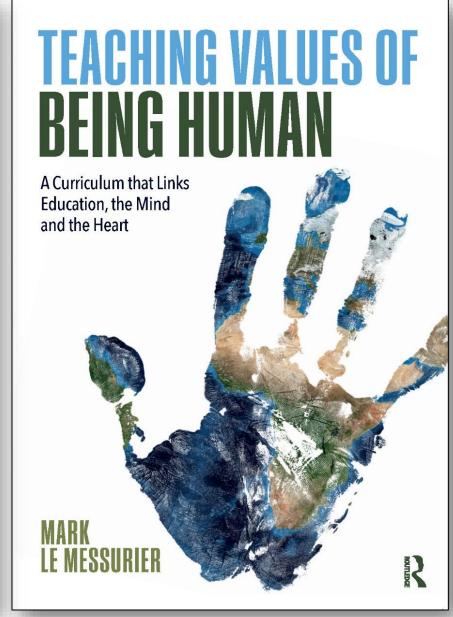
#DeStressMonday

DeStressMonday.org









#### **Chapter 5:**

Nurturing emotional awareness, intelligence and resilience