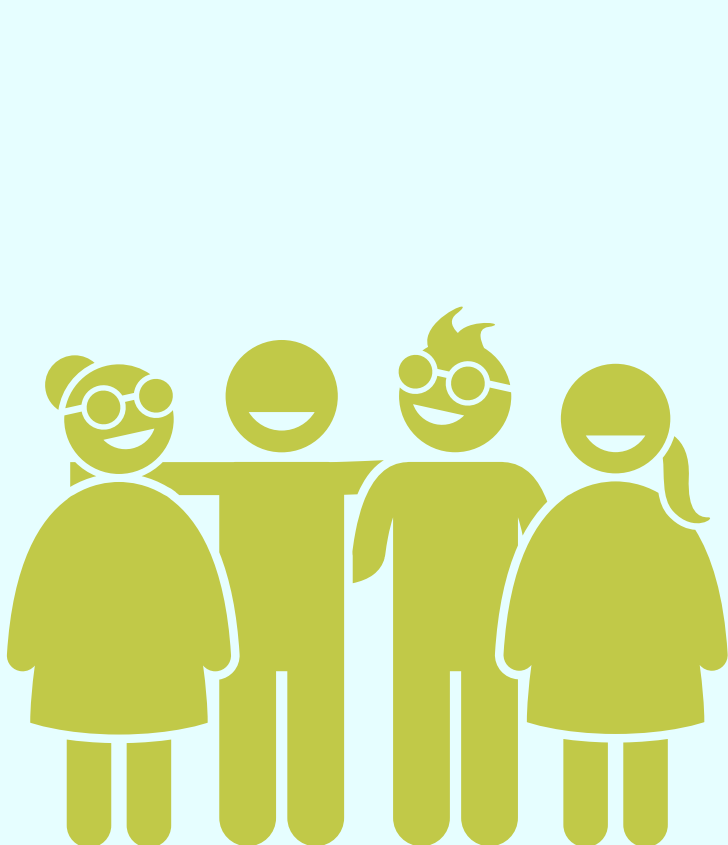


Social-emotional Out-of-School workbook and resource guide

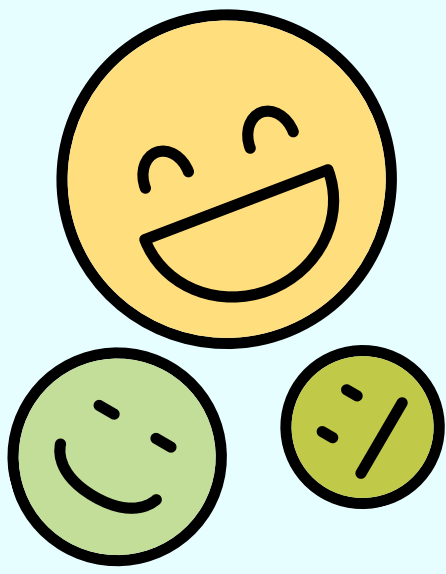
All school year your child has been learning social-emotional skills with the TIES liaisons in their classroom. This booklet is to help encourage Out-of-School social-emotional learning and provide resources to caregivers when school is out of session.



For more information on the TIES program please visit us on the web at: <https://www.crittentonwv.org/ties-1>



Crittenton Services



Social-Emotional Worksheets

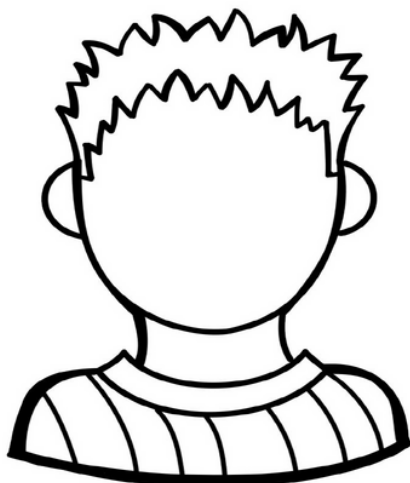
This is how I look when I am...



happy



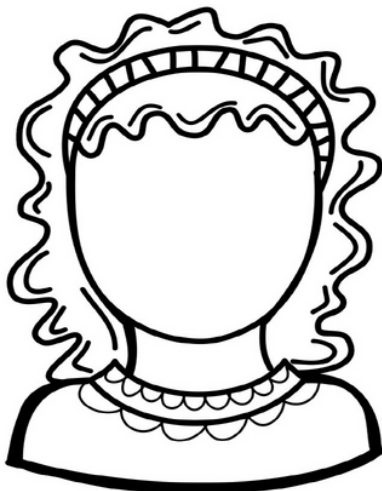
sad



angry



hungry



thirsty



sleepy

Draw eyes, eyebrows, a nose and a mouth to show each of these emotions!

How do you feel?

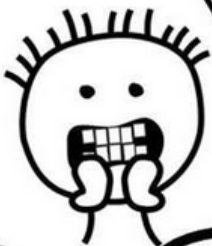
worried



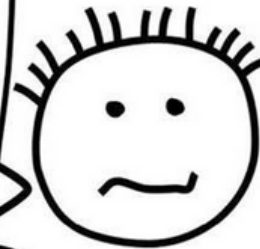
impatient



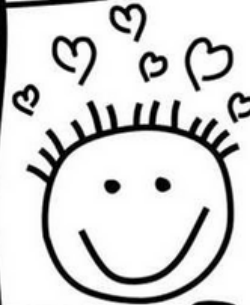
jealous



lazy

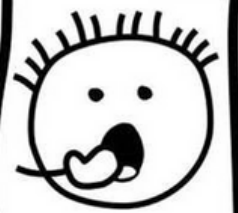


sorry

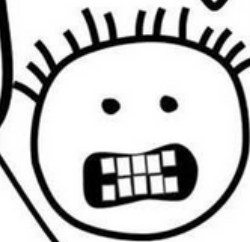
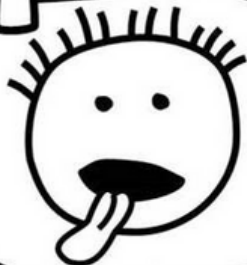


hopeful

Keep
Smiling

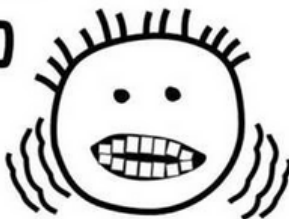


grateful / thankful



selfish

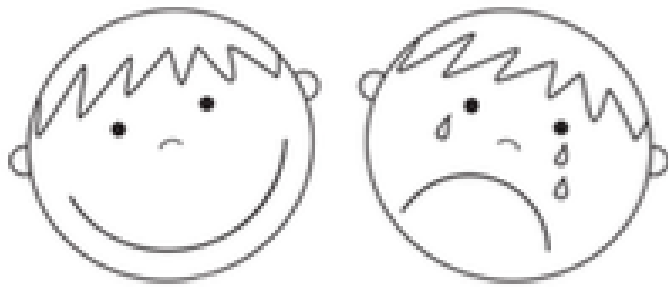
proud



relaxed

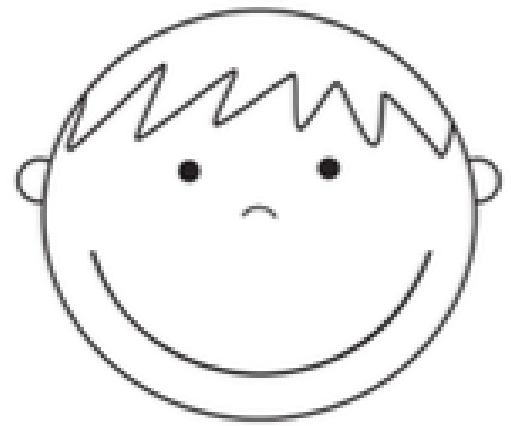


My Feelings Book



© One-Stop-Counseling Shop

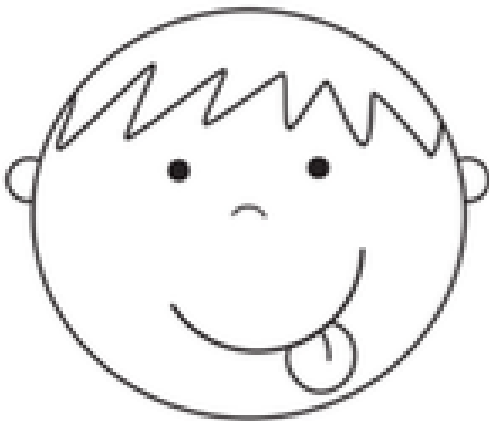
Sometimes I feel happy.



I felt this way when _____

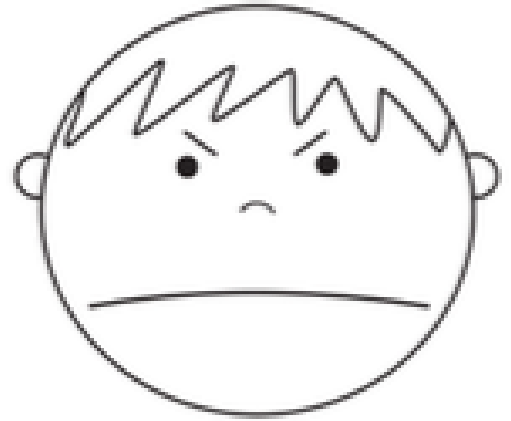
Name: _____

Sometimes I feel silly.



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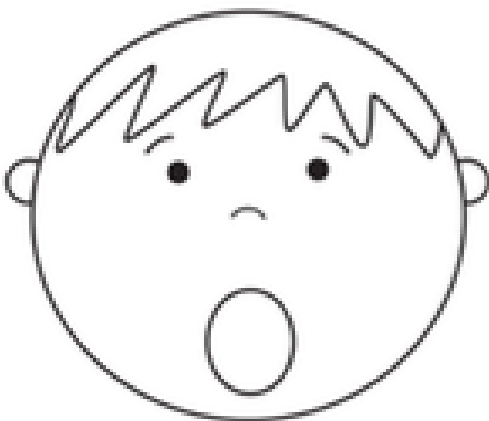
Sometimes I feel angry.



I felt this way when _____

I felt this way when _____

Sometimes I feel surprised.



© One-Stop-Counseling Shop

Sometimes I feel sad.



I felt this way when _____

I felt this way when _____

Name:

Date:



My Week of Emotions

Our emotions can be divided into four zones: blue, green, yellow, and red. We always try to stay or go back to the green zone and avoid the red zone.

Fill out the calendar below for an overview of the zones you go through in a week.

SUNDAY

Today I felt:

To stay in the green zone, I tried to:

MONDAY

Today I felt:

To stay in the green zone, I tried to:

TUESDAY

Today I felt:

To stay in the green zone, I tried to:

WEDNESDAY

Today I felt:

To stay in the green zone, I tried to:

THURSDAY

Today I felt:

To stay in the green zone, I tried to:

FRIDAY

Today I felt:

To stay in the green zone, I tried to:

SATURDAY

Today I felt:

To stay in the green zone, I tried to:



ZONES OF REGULATION

Low energy and motivation to participate

Attentive and feeling positive overall

Uncomfortable and needs to focus

Full of negative emotions and may react harshly

Socia-Emotional Recommended Book List

1. **A little SPOT of Anxiety** by Diane Alber

2. **Be You** by Peter H. Reynolds

3. **Charlotte and the Quiet Place** by Deborah Sosin

4. **Chocolate Milk, Por Favor** by Maria Dismondy

5. **Even Superheroes Have Bad Days** by Shelly Becker

6. **Exactly You! The Shape of Your Feelings** by Sarah Krajewski

7. **Grumpy Dinosaur** by Michael Gordon

8. **I Am Enough** by Grace Byers

9. **I Can Handle It** by Laurie Wright and Ana Santos

10. **I Think, I Am: Teaching Kids the Power of Positive Affirmations**
by Louise Hay

11. **I Will Be Okay** by Laurie N. Wright



These books are also free to
listen to on YouTube.



Breathing Exercises

USE BUBBLES

Blowing gently to create bubbles is a good way to be playful and breathe deeply. Kids have to blow carefully and slowly to make the bubbles, which is a major reason why I like using it to help kids take deep breaths.

Color breathing

Breathe in and imagine a calm, happy, positive color. Breathe out and imagine a color that represents stress, anxiety, etc. leaving your body.

USE A STUFFED ANIMAL TO PRACTICE DEEP BREATHING

Have your child lay down on their back and put a stuffed animal on their belly. Have them breathe in and move the stuffed animal up, then breathe out and bring the stuffed animal back down. This helps teach kids to use their belly to take big deep breaths. Another alternative is to use a weighted stuffed animal.



Social-Emotional Videos

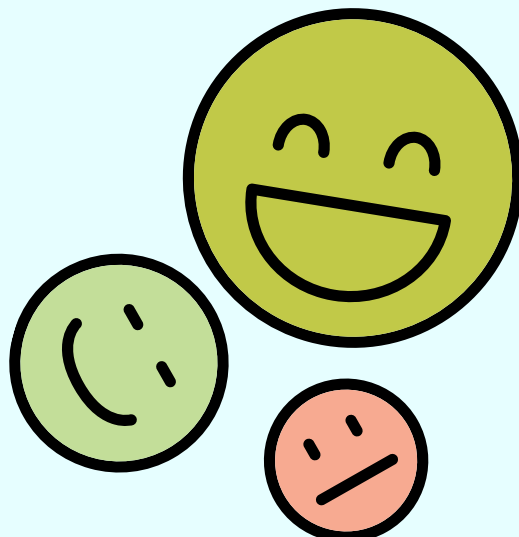
Coping Skills For Kids - Managing Feelings & Emotions-
<https://www.youtube.com/watch?v=Vs-MyQgfH3A>

What Shall We Do With The Angry Monster? -
https://www.youtube.com/watch?v=bs_0m-CUEPQ

Relaxation Exercise-
<https://www.youtube.com/watch?v=WxYwz23yoR4>

Emotion Regulating Activity To Help Kids Calm Down-
https://www.youtube.com/watch?v=ORRdf_nLc_I

The Feelings Song - <https://www.youtube.com/watch?v=-J7HcVLsCrY>



Contact Us!

If your child is struggling with social-emotional skills and needs some extra help feel free to contact us!

Shelby Fluharty

Sfluharty@crittentonwv.org

TIES Outreach Worker

Carmen Hill Cjhill@crittentonwv.org

TIES Community Liaison



Crittenton Services