

EMOTIONAL LITERACY

A strategy log to become emotionally literate super heroes.



What is emotional literacy?

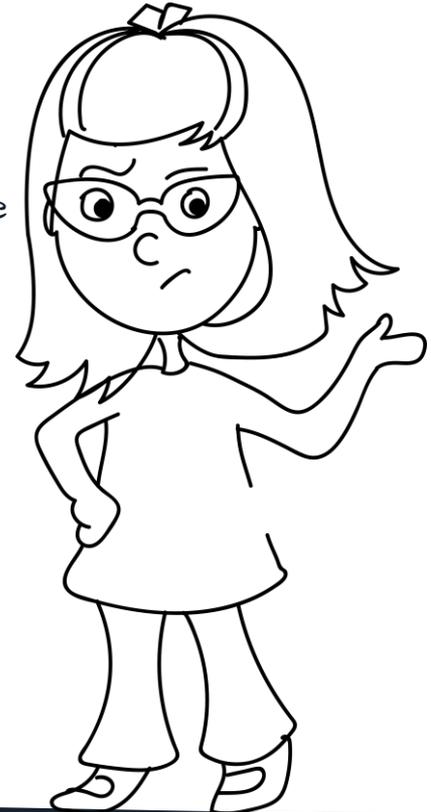
Emotional literacy... .. let's see what an emotionally literate child is like

A child who is emotionally literate

- Is aware of and usually can name the feeling they are going through.
- Can connect what caused the feeling
- Knows the appropriate way to deal with the feeling.

Children who can process their feelings well

- Build and maintain healthy relationships.
- Communicate positively and not defensively.
- Have less stress
- Can identify the right emotion.
- Get more out of life.



A brief guide for parents and teachers

Why is emotional literacy important

Kids don't always know the names for what they're feeling. They often don't know why they feel the way they do. Feelings can be overwhelming and confusing, especially when we don't give our kids the tools to deal with them.

Emotional literacy is important to identify, regulate and manage emotions.

What are signs of poor emotional literacy

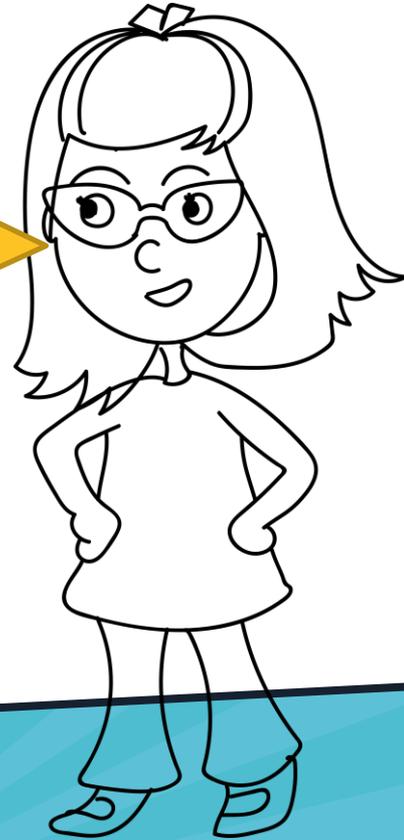
- They Cannot describe how they feel.
- Rarely talks about their feelings.
- They don't ask for help or communicate when they are having a bad feeling.
- behavioral issues.
- Unable to recognize emotions has got the best of them.

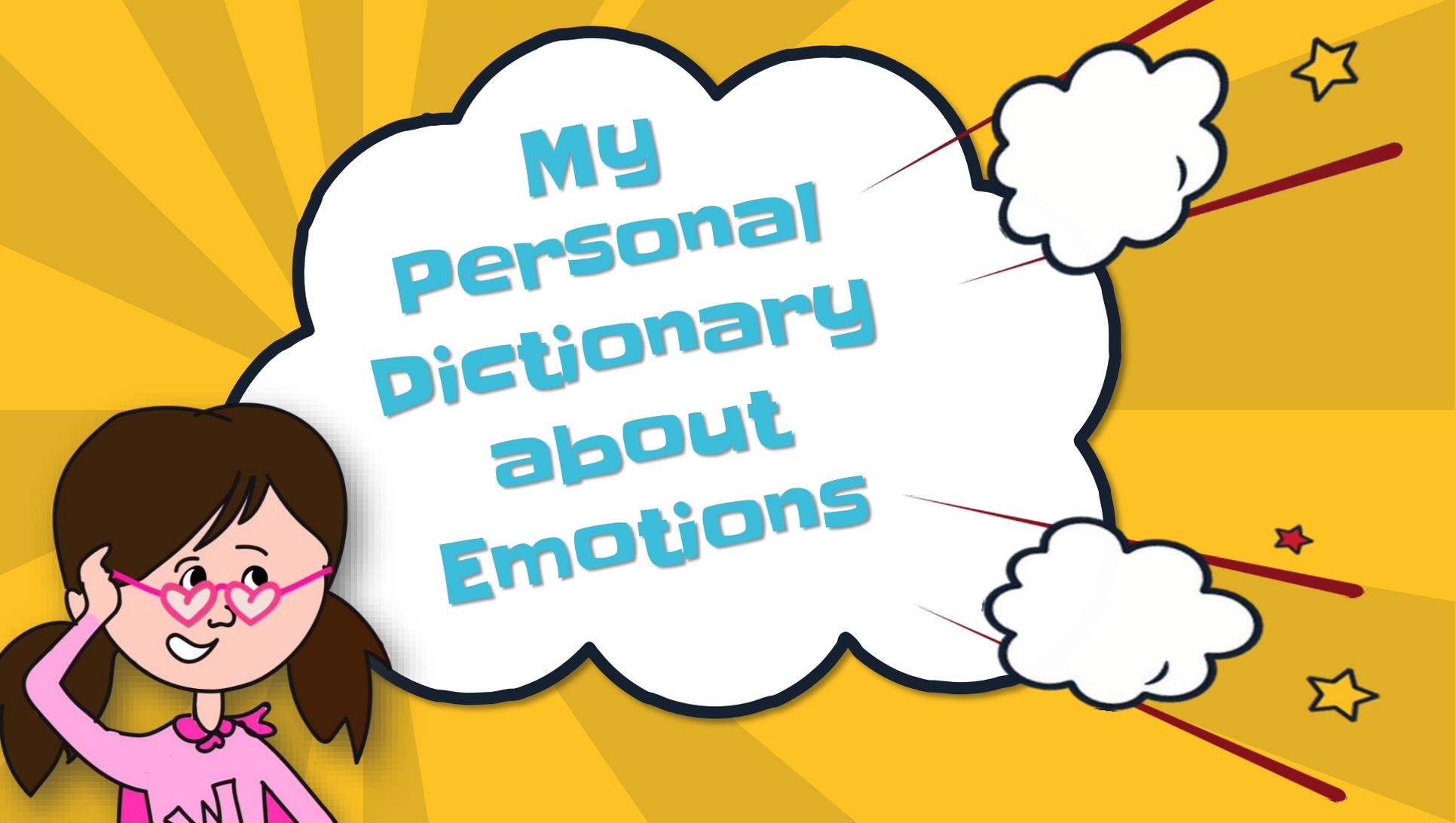
Emotional literacy is for both boys and girls

Emotions are an unavoidable part of being human and they need not to be a problem. If we allow them to pass and they don't get stuck..

Emotional literacy is equally important for both girls and boys. For boys in our culture it's a false notion that "Being strong mean not to cry", rather it's the courage to accept the feeling and cry it out to let the emotion flow.

Let me walk through
some strategies we can
teach our kids to manage
there emotions and how
to allow them to express
there feelings.





**My
personal
Dictionary
about
Emotions**

Let's know a little about some basic emotions



Happiness spot is when you feel **joy**, it's the feeling of being loved and spread **love, kindness** also brings **happiness**. When you take **care** of someone, **help** someone also brings **happiness**. You may feel **excited** and a **bright smile with twinkle in your eyes** and **white bright teeth to show** when you are happy. Happiness keeps on Growing when we keep **doing good deeds**.

Let's know a little about some basic emotions



Sadness SPOT appears when you are not in very happy mood, and you feel **down** and **low**. A sadness spot can show up when someone is feeling **upset**, **disappointed**, or if they experience **loss**. You may feel like **crying**, not feel like talking and feeling **lonely** when the Sadness spot is around.

Let's know a little about some basic emotions



The anxiety spot can show up when you are feeling worried, nervous, anxious, scared or confused. It may also feel like Rumbling and grumbling of your tummy when you are going to try something for the very first time.

Let's know a little about some basic emotions



When **anger spot** shows up it feels hard to communicate and explain your true feelings. Anger may also appear when you feel **loss, grief, hurt, afraid,** or may be when you feel **misunderstood.**

You may see anger emotion when you see yourself or some one **stomping, shouting or growling**



Always remember, your **peaceful spot** is always there, You just need to find it! The **Peaceful spot** helps you feel **Relaxed** and **calm**. The most **Effective** technique is to learn **Breathing exercises** to find the **Peaceful spot** to find your **peace** and **calm** again.



**My
Emotional
Literacy
Strategy Log**

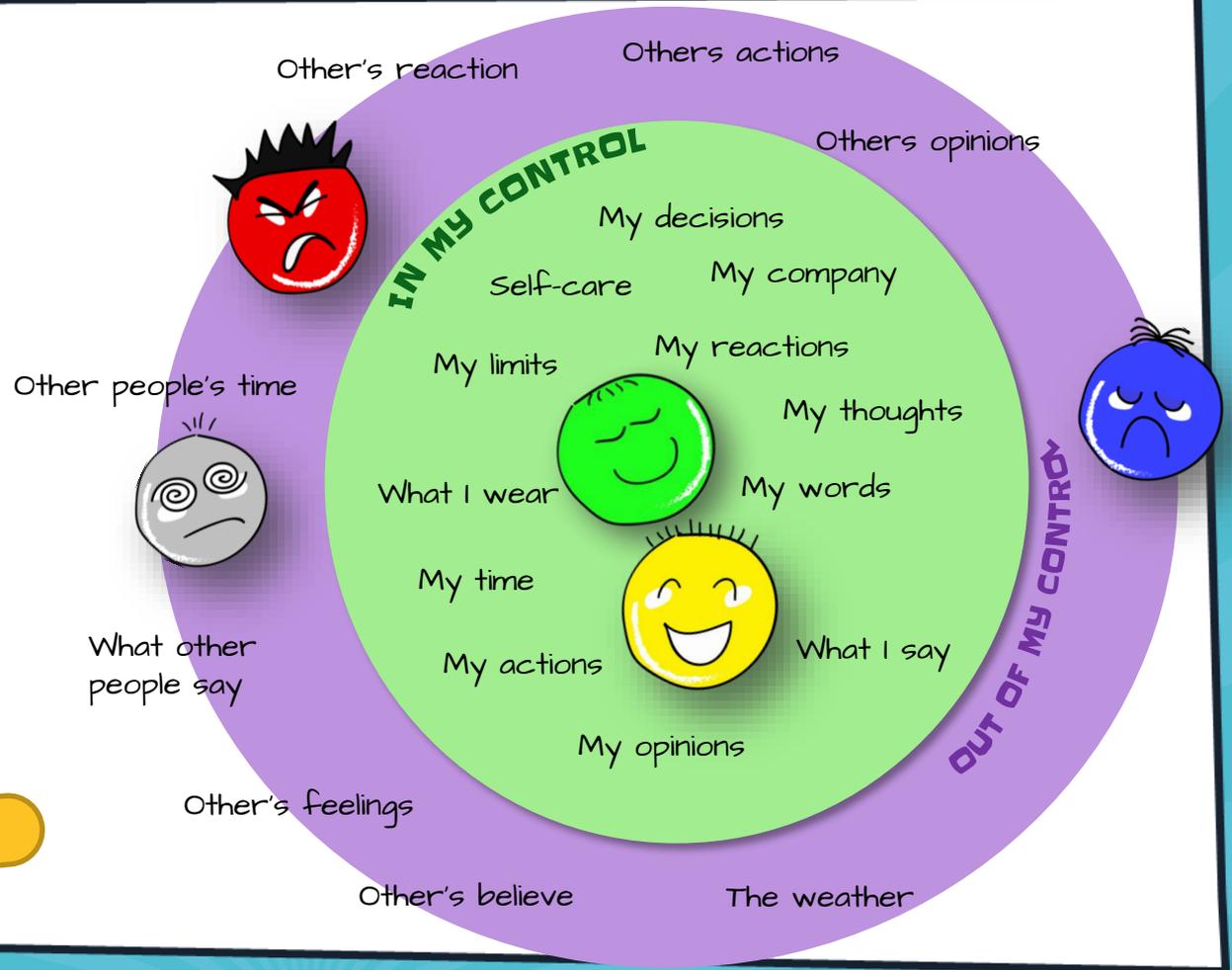


Remember!!

Emotions are like
guests,
they come and they
go.
Only if you let them
FLOW

Situations drives Emotions Mind Map

Make your own mind map with help of your mom and dad. The mind map about which situations control your emotions will help you to be aware of the things you have control over. Being aware of the emotional triggers will strengthen your ability to manage the situation.



MY ACTION PLAN TO MANAGE



- Count back 5 4 3 2 1... and repeat in your heart the rocket song
- My magic glass of water
- The best way of thinking (critical thinking)



The goal
is to
reach the
cool spots

BE A COOL ROCKET
TO TAKE CHARGE OF
YOUR FLIGHT...

TARGET TO REACH
THE COOL SPOT WITH
ALL YOUR MIGHT

COUNT

5..

4..

3..

2..

1...

and

DONE!!...

1 BUT I HAVE MADE A
PROMISE TO STOP BEING
GRUMPY

2 It's the growling anger rocket
And this ride is BUMPY

3 My eyebrows give SCARE
And my eyes give STARE

4 WHEN THE ANGER
SPOT IS HERE

5 O beware!! Beware!!



Stompingggg
Shoutingggggg
Growlingggg



Things needed for stain glass painting:
1. Black led to write the quote on the glass
2. Stain glass crystal paint to fill in the color.
3. Keep it handy to have a constant reminder
TO BE AT YOUR BEST.

Action Plan
1. Get away yourself from the trigger.
2. Sit down and drink a glass of water
3. Finish the glass in 3 intervals affirming yourself
○ I am stronger then this, I will not loose my best
○ I am in control of myself
○ Huff out the anger away, Puff in the peace to stay.

"Critical thinking" is The right way of thinking

Be aware of the
Moment that can
Wake up the
anger spot

1. Trigger



No matter how
Hard is it,
try not to lose
The best of you

3. learning
zone



2. anger
zone

Anger
takes away
The best of
you



4. Growth
zone

We can only
Control our self,
So be brave and
Take responsibility
of your actions



The right way of
thinking will guide you.

1. to check your own
actions.

2. to make the right
choice when some
one or some situation
triggers the anger
spot.

MY ACTION PLAN
for when I feel angry

When I feel
ANGRY

If anger could talk,
it would say:



Help me!

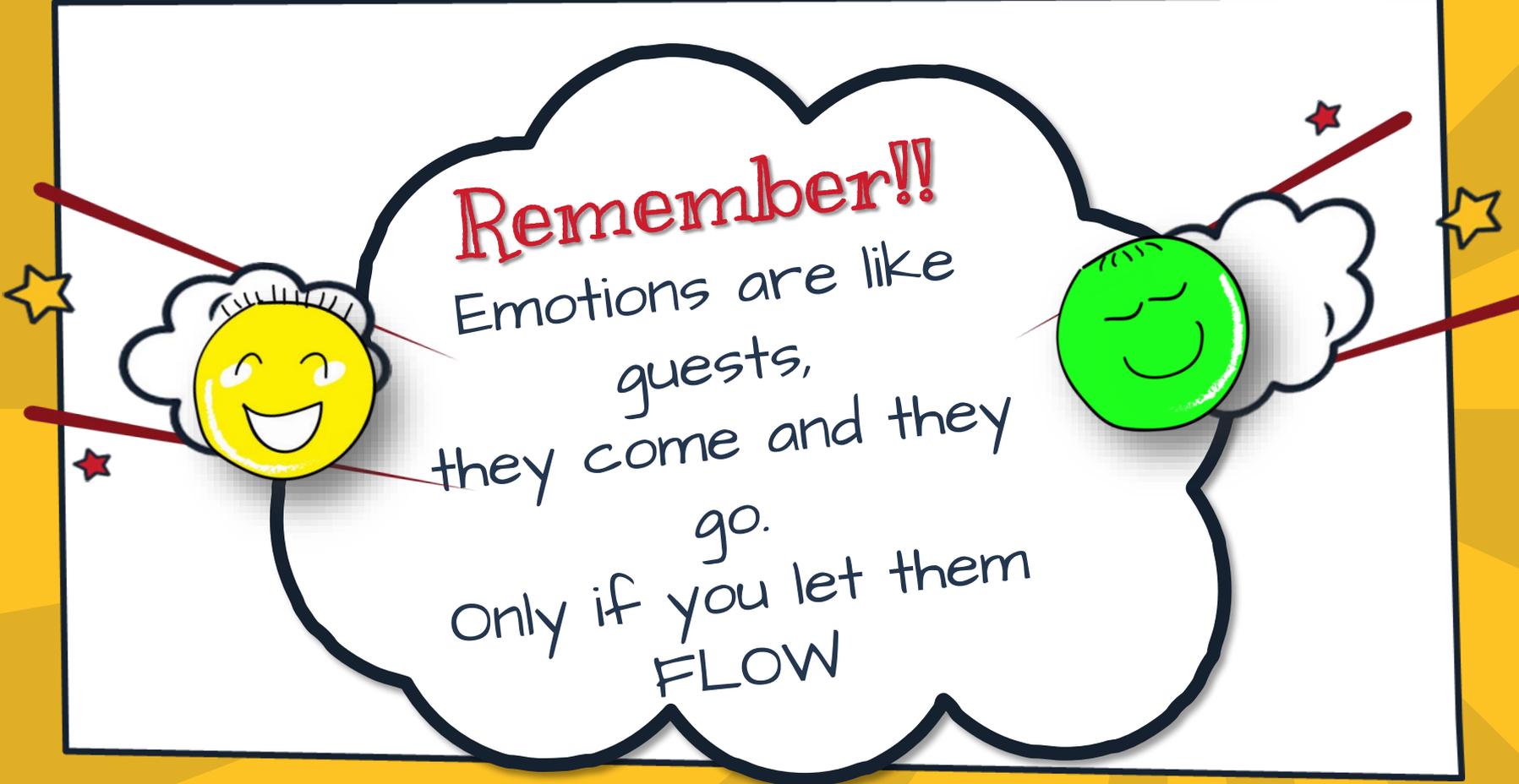
Along with feeling sad I am also feeling:
disappointed stomping
irritable grumpy tired shouting
hurt depressed

The person I
want to talk to is:

Yes I am feeling
ANGRY that I know
This feeling will pass
if I let it flow

**DRAW YOUR
FEELING**

CLUES IM FEELING ANGRY



Remember!!

Emotions are like
guests,
they come and they
go.
Only if you let them
FLOW

MY ACTION PLAN TO MANAGE



- Make MY FEELINGS FIRST AID BOX
- Bandage hug notes to soothe the sad heart
- Tissue box with your personal message to allow yourself cry if the sadness makes you so.
- Prescription letter pad to assign 1 task a day to keep channelize your emotions.



The goal
is to
reach the
cool spots

My feelings first aid box helps kids to be mindful of there emotions and how to soothe the strong emotions.

Remember!!

The goal is to let the emotion flow, you may still feel sad, angry or anxious, but if you use your Feelings First aid box "YOU" will be in control and not your emotions.

MY
FEELINGS FIRST AID
BOX

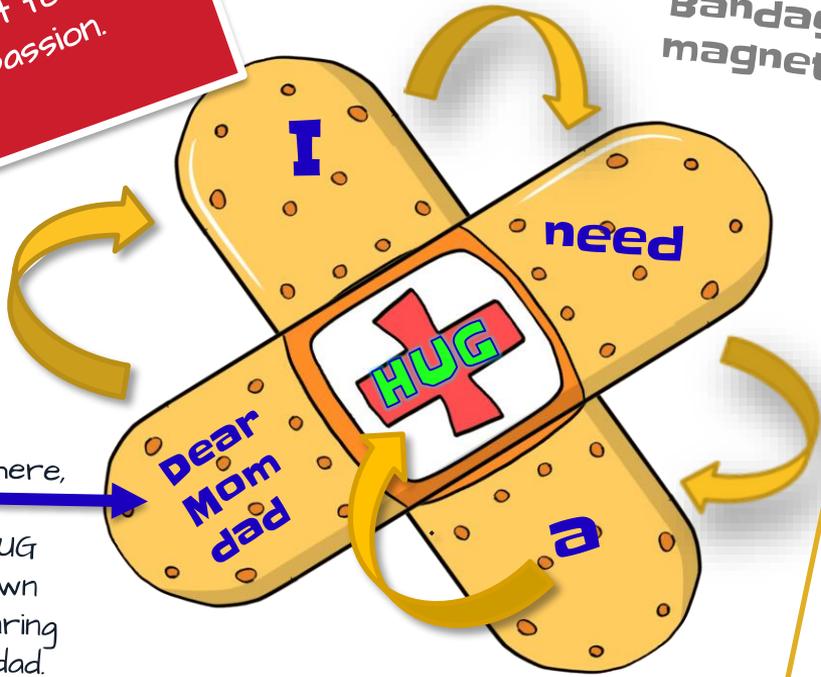


When the sadness Spot is near never fear ask or give a big warm HUG and Make your thoughts all clear

There are some activities to put positive affirmations as reminders to be in charge of there emotions.

Hugs are like bandages, like a bandage hugs a wound and heals it, Hugs holds a sad heart to heal it with love and compassion.

1st thing.
Bandage message to magnet stick on fridge.



DID YOU KNOW THE SCIENCE OF HUGS?

Hugs can make you happier. A warm good hug releases a cuddle hormone OXYTOCIN in our body that is linked to happiness and less stress. As it reduces sadness, anxiety and gives good feeling to relax. Hugs are proven to make us healthier and happier,

Start reading from here,

make your know HUG bandages to pen down your feelings and sharing with your mom and dad.

DID YOU KNOW THE SCIENCE OF CRYING?

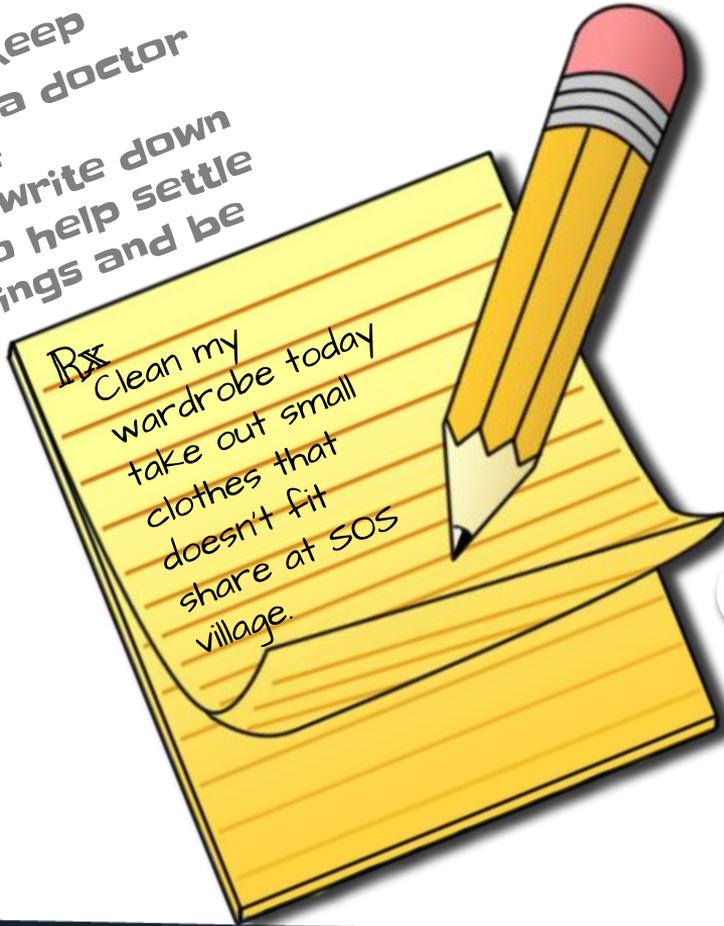
CRYING is a natural response humans have to a range of emotions, crying release OXYTOCIN and ENDORPHINS, these are feel good hormones which eases physical and emotional pain

Cry it out!!
If crying can settle your sadness spot,
allow yourself to cry.
Crying is not a girl or a boy thing, it is a HUMAN thing. We all feel sad and sometimes want to cry it out.

2nd thing. Tissue box with a strengthening message on it to place on your study table.



3rd thing. Keep writing pad like a doctor writes medicine prescriptions, write down daily a task to help settle your big feelings and be organized.



DID YOU KNOW
Why doctors write "Rx" on the prescriptions?

Rx is an abbreviation for the latin word "recipere" or "recipe", which means "take".

MY ACTION PLAN
for when I feel sad

WHEN I FEEL
SAD

If sadness could talk,
It would say:



I need
a hug

Along with feeling sad I am also feeling:

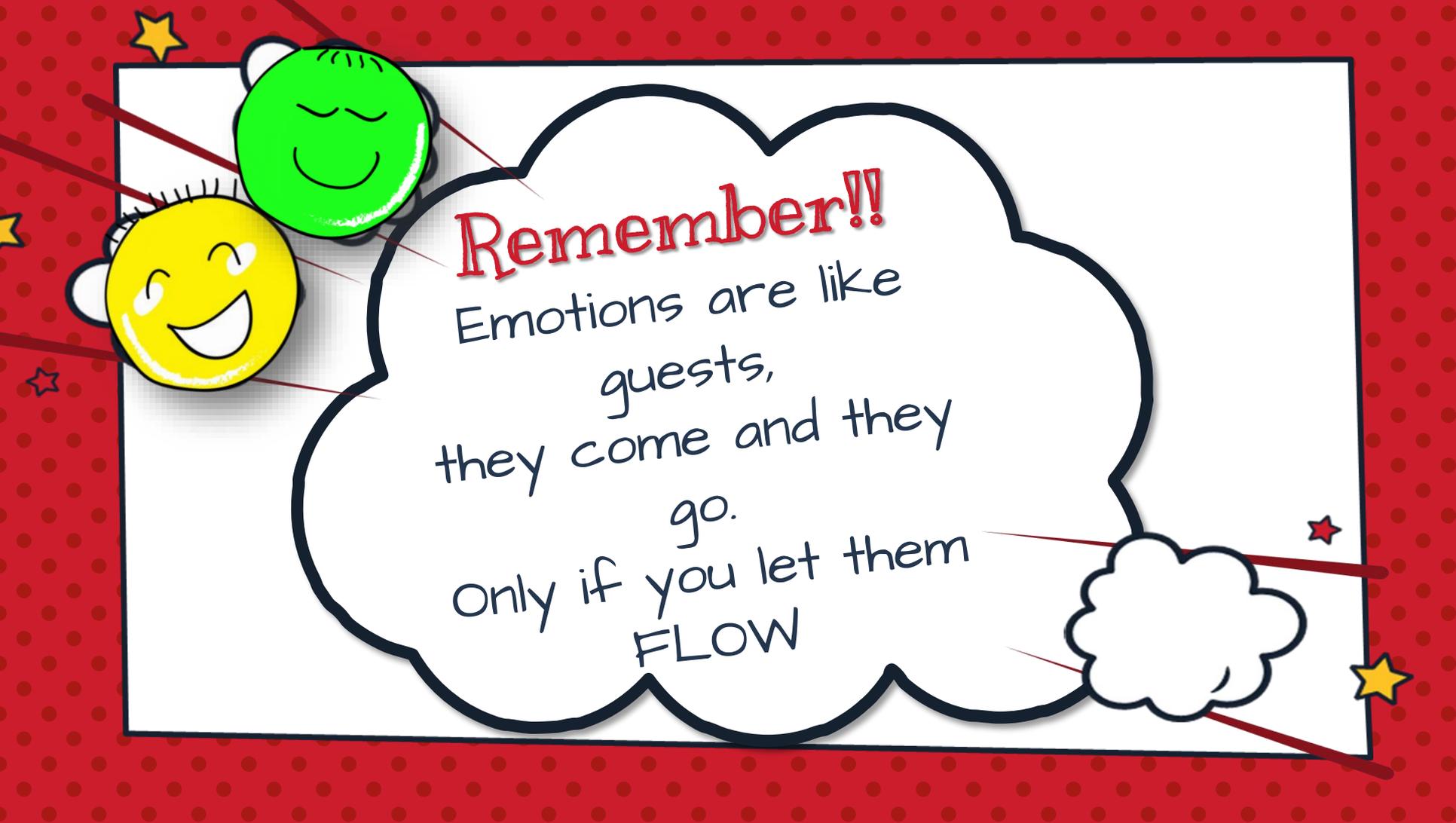
Lonely	blue	tired	sick
irritable	grumpy	empty	hurt
	depressed		

The person I
want to talk to:

Yes I am feeling
SAD that I know,
This feeling will
pass if I let it flow

DRAW YOUR
FEELING

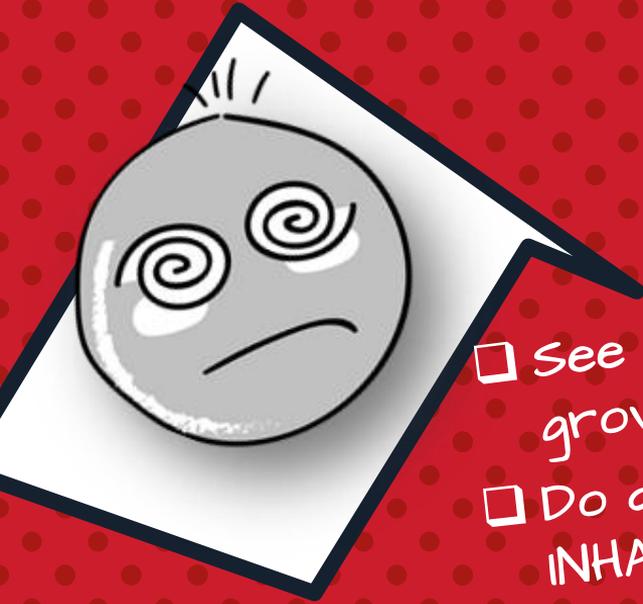
CLUES IM FEELING SAD



Remember!!

Emotions are like
guests,
they come and they
go.
Only if you let them
FLOW

MY ACTION PLAN TO MANAGE



- See challenges as opportunity to grow
- Do deep breathing...
INHALE!!! EXHALE!!!
- Talk about how I feel with a person you trust
- Tapping your fingers and having happy thoughts



The goal is
to reach
the cool
spots

An anxiety spot can make you WORRY... A LOT especially when you try new things.

Remember the first day of school?

And that first day of riding class?

And also the very first day of swimming classes?

What if...?
I don't fit in
new school

What if...?
I fall from
the horse

I am too
scared to
go for
swimming

What if...?
I fail...

What if...?
I don't
understand the
instructions

What if...?
People will
make fun of
me

Every time your anxiety spot asks you "what if...?" remember you can always answer with "I CAN DO THIS!"





Sometime I need a little help,
I wish to hold some friendly hand
That will be there to help me
stand,

Sometime I need a little help
Through this worry which ruins
my day
To find my cool spot to come and
stay.

I am right here to hold your
hand,
Together, TALL we will stand.
It's just a feeling it will go...
Only you have to go with the
flow.





Tap your fingers and keep
saying
This anxiety is not staying...
My cool spot is within me...
I can be as calm as I want to
be...

Don't let worry take away
the joy
You will learn new things only
if you try

Breathe in
... Breathe out... do at
least 5 times deep
breathing exercise

Exhale!!
With a big BLOW...
All the things that are
out of your control



Inhale!! A BIG...
Breath!!
Focus on the things
that are in your
control



MY ACTION PLAN
for when I feel anxiety

When I feel
ANXIETY

If anxiety could talk,
it would say:



Let me
hold your
hand

Along with feeling sad I am also feeling:
confused down
nervous irritable stressed out
lost worrie

The person I
want to talk to:

Yes I am feeling
nervous that I
know.
This feeling will
pass if I let it flow

DRAW YOUR
FEELING

I feel worried and anxious
when...

Dear kids!
Remember it's an ongoing
process to learn a skill
and keep strengthening it
with practice.

BE YOUR OWN SUPER
HERO TO BE MINDFUL AND
EMOTIONALLY FIT!

HAPPY
LEARNING!!