



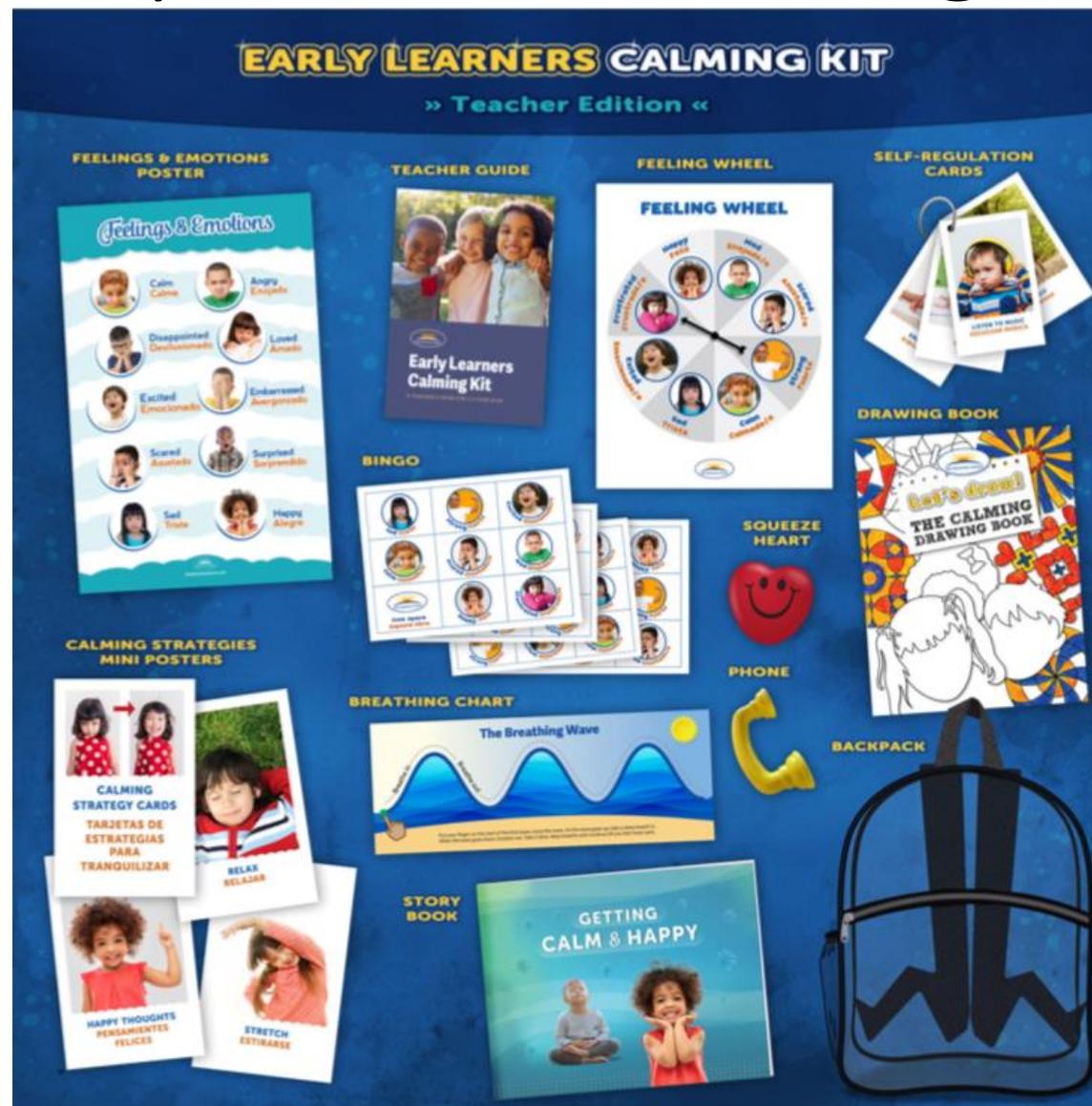
Creating Solutions to Transform Teaching and Learning

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Early Learners Calming Kit



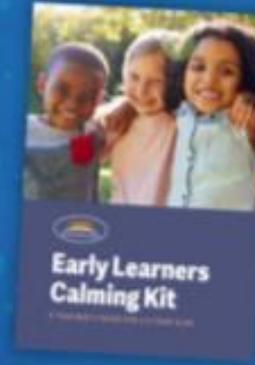
Early Learners Calming Kit

► The Early Learners Calming Kit is a group of tools that provide sensory strategies and emotional supports to assist children with regulating their bodies and emotions so they can be *ready to learn*.

FEELINGS & EMOTIONS POSTER



TEACHER GUIDE



FEELING WHEEL



SELF-REGULATION CARDS



BINGO



SQUEEZE HEART



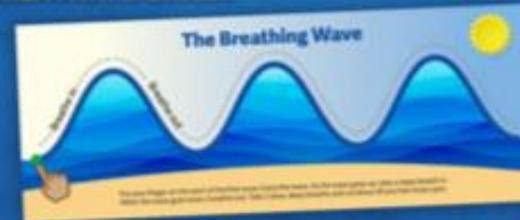
PHONE



DRAWING BOOK



BREATHING CHART



BACKPACK



STORY BOOK





Agenda

Social-Emotional Skills & Early Childhood

Components of the Early Learners Calming Kit

What It Is and How to Use:

- Breathing Chart
- Feelings Wheel
- Calming Strategy Cards
- Scripted Stories & Calming Coloring Book
- Self-Talking Phone & Squeeze Heart
- Connections & Implementation

Professional Development Sessions

Comments & Questions

Childhood Anxiety & Trauma Related Issues

Many times, we see the symptoms but can't figure it out!





Definition of Adverse Childhood Experiences (ACEs)

- Physical abuse or neglect
- Emotional abuse or neglect
- Sexual abuse or neglect
- Addiction in the home
- Witnessing domestic violence
- Death of a parent
- Divorce or separation
- Having a family member with mental illness
- Suicidal household member
- Parental incarceration
- Food and/or housing insecurity
- Exposure to natural disasters
- Military family member deployment criminal behavior in the home
- Terminal or chronic illness of a family member
- Victimization, bullying or discrimination
- Loss of caregiver due to deportation
- Exposure to community violence

Positive Childhood Experiences Can Buffer Adversity



Positive Childhood Experiences and Resilience

- Research from Resilience overcomes ACEs shows that when parents and caregivers provide a safe environment for their children and teach them how to be resilient, it helps reduce the effects of ACEs.



How much of your time is spent on classroom behavioral issues?



Essential Identified Skills for Academic Success

- Getting along with others (parents, teachers, and peers)
- Identifying and regulating one's emotions and behavior
- Correctly interpreting others' behavior and emotions
- Thinking of appropriate solutions to conflict
- Engaging in social conversation and cooperative play
- Feeling good about oneself and others
- Following directions and persisting on a task



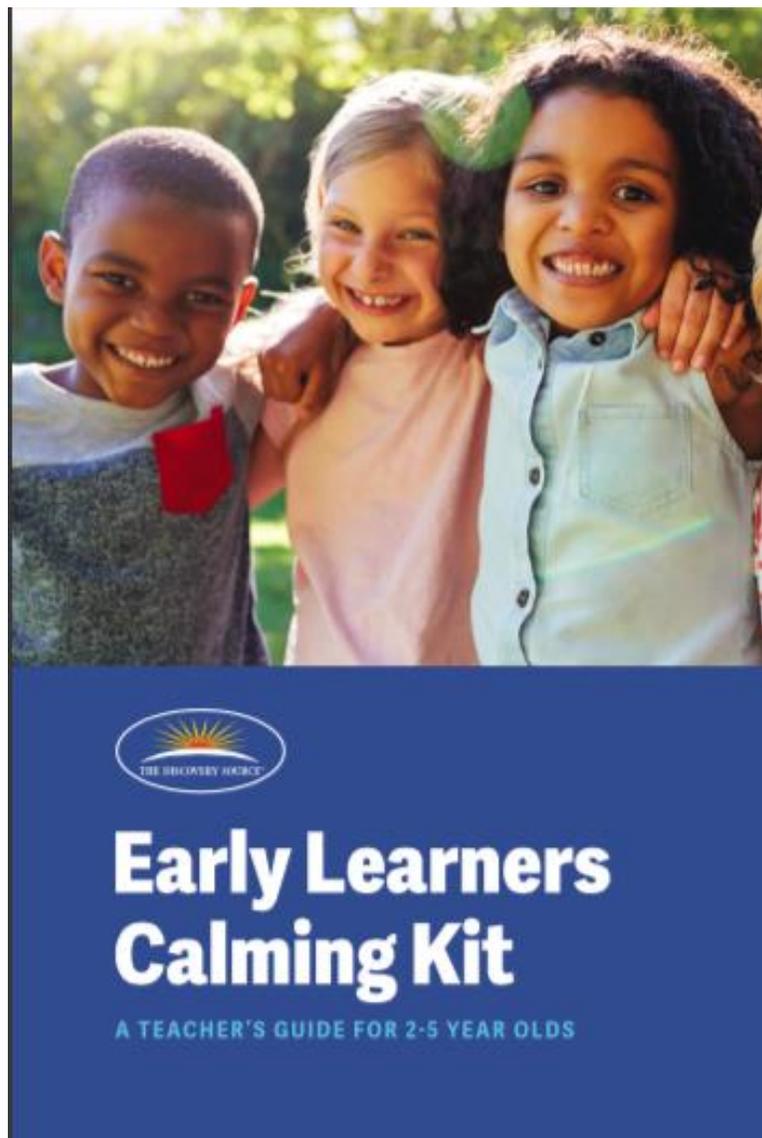
Social-Emotional Skills Need to Be Taught

Early Learners Calming Kit



To Teach and Support

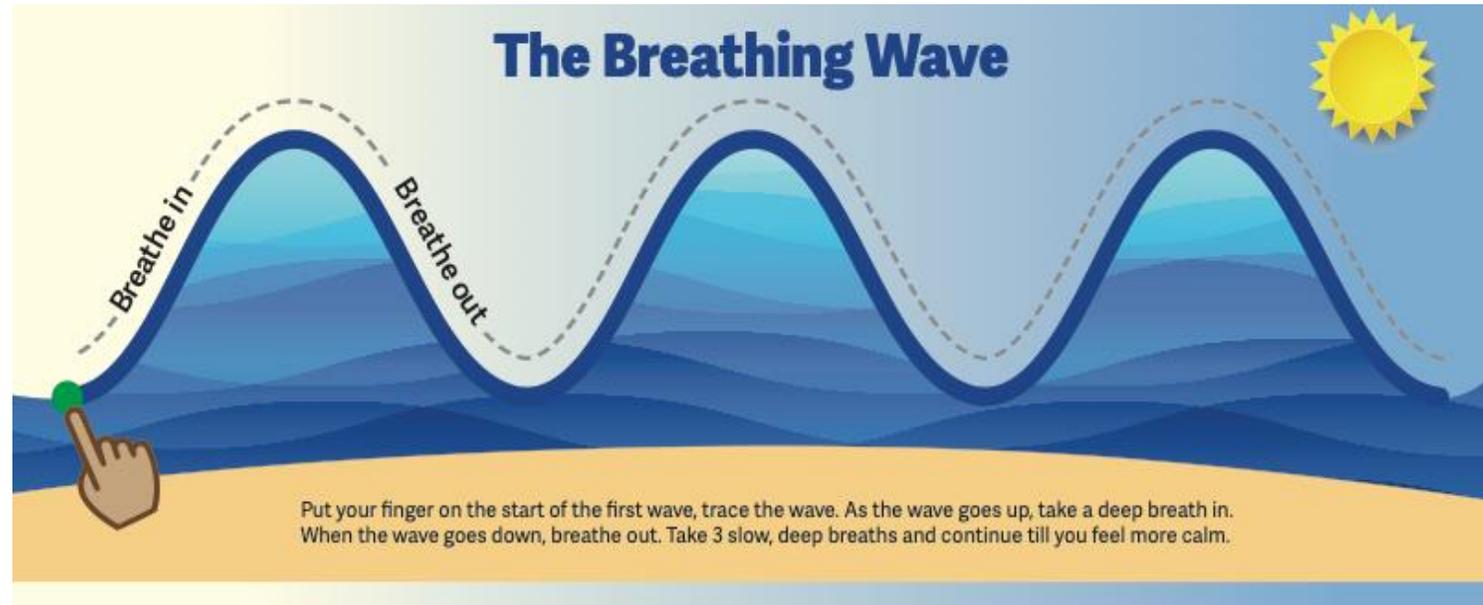
- Breathing Techniques
- Emotional Literacy Activities
- Identifying Feelings and Emotions
- Self-Regulation skills
- Calm Down Activities and Practices
- Positive Self-talk
- Sensory Experiences



Teacher's Guide



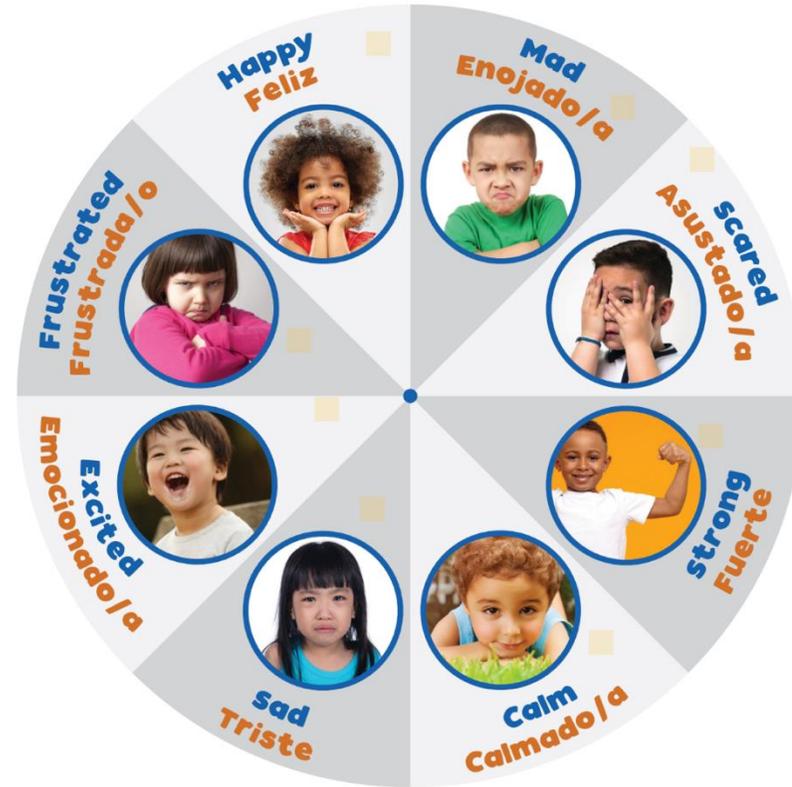
Breathing Techniques for Teaching and Learning to Calm Down



Breathing Techniques For Teaching and Learning to Calm Down



FEELING WHEEL



Teaching and Learning Emotional Literacy

Why is Emotional Literacy Important?

- Children With Emotional Literacy:
 - Are Healthier
 - Are More Focused
 - Tolerate Frustration Better
 - Get Into Fewer Fights
 - Are Less Impulsive and Lonely
 - Have Greater Academic Achievement



Labeling and Identifying Emotions

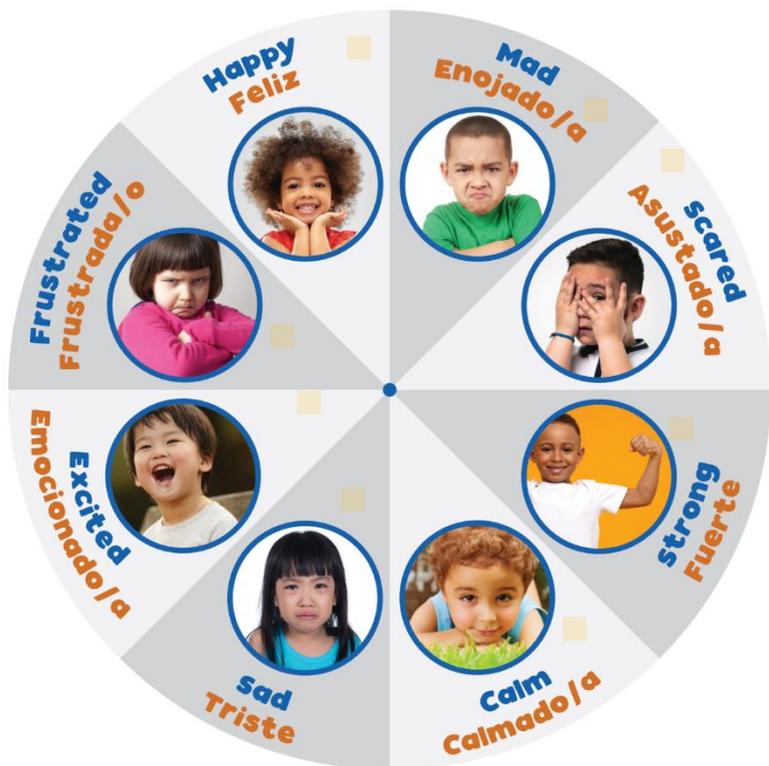
Feelings & Emotions Poster



Labeling and Identifying Emotions

The Feeling Wheel

FEELING WHEEL



Labeling and Identifying Emotions

Bingo Game Boards





The Calming Kit ITEM / DESIRED OUTCOME



Feelings Wheel

Recognize and label emotions and learn emotion vocabulary. The Feelings Wheel helps children identify their feelings and engages the thinking part of their brain, which can then lead to self regulation.

IDEAS FOR GROUP INSTRUCTION

Use **Feelings Wheel** for games and activities to teach feelings vocabulary, help child label emotions and discuss how to handle these emotions. Discuss appropriate and inappropriate ways to express feelings - see **Lesson Plans #3 and #4 | Small Group Activity #4**

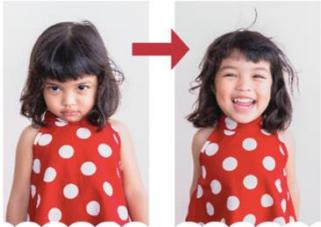
Share books about feelings during class meetings and label and discuss the feelings of the characters in the story. Stop during the story and have children look at the expression on a character's face. Ask the children why a character is feeling a certain way. Ask if they have ever felt this way, etc. You can pass around the **Feelings Wheel** after the story and have children identify and label their own feelings.

Help children understand ways to respond to their peers when they are sad, happy, frustrated, etc. "Sue bumped her head, how do you think she feels?" Keep examples relevant to children's lives.

INDIVIDUAL USE

When you see a child beginning to get upset, bring out the **Feelings Wheel** and ask him/her to use it to point to his/her feeling. Allow him/her to discuss feelings as long as needed. Then, guide the child to the Safe Place / Calm Down Corner and let him/her choose an activity to regulate his/her emotions.

A little bit for everyone!



**CALMING
STRATEGY CARDS**

**TARJETAS DE
ESTRATEGIAS
PARA
TRANQUILIZAR**



**YOGA
YOGA**



**HAPPY THOUGHTS
PENSAMIENTOS
FELICES**



**STRETCH
ESTIRARSE**



**HUG A STUFFED ANIMAL
ABRAZAR UN ANIMAL
DE PELUCHE**



**JUMP
BRINCAR**



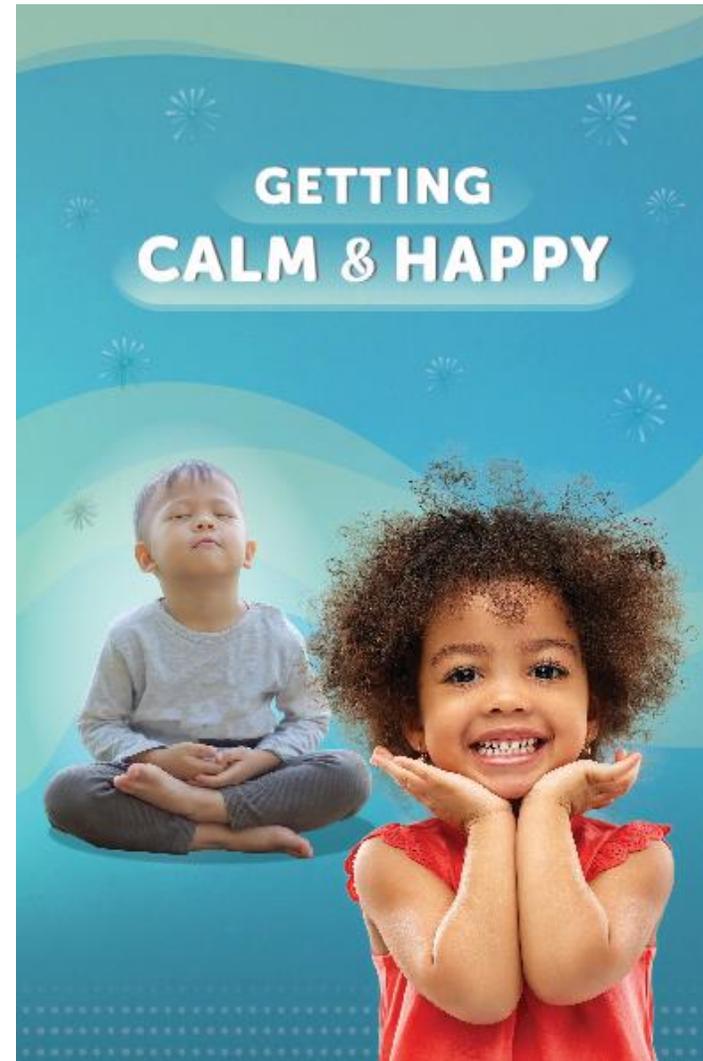
- Quiet Space Options
- Physical Activities
- Thinking and Relaxing
- Sensory Activities



Teaching and Learning Self Regulation

Getting Calm & Happy

▶ Scripted Stories





Positive Self-Affirmations

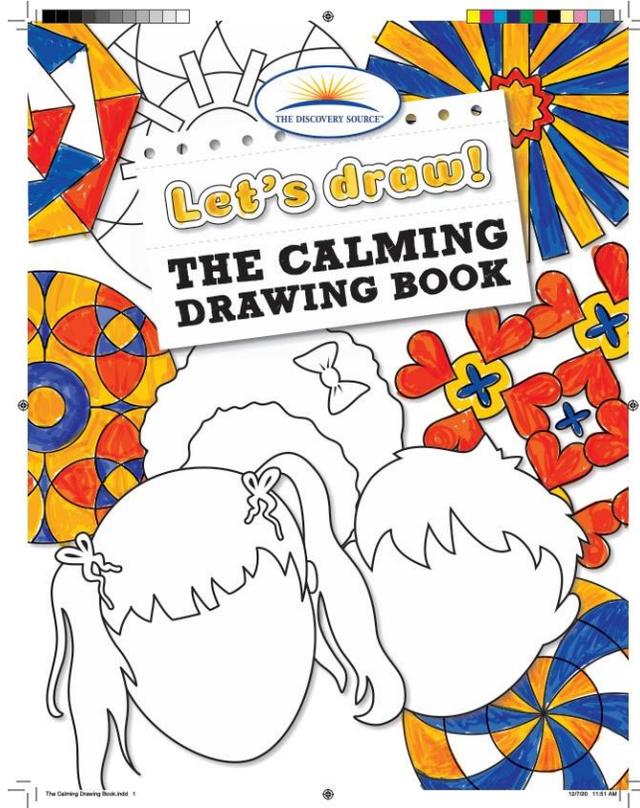
“Train the voice in your head to be a positive voice”

Sensory Experiences

- Blowing Bubbles: A great way to teach children how to breath slowly
- Play Dough: Releasing energy and relax as children are squeezing and shaping dough
- Drawing: Children can calm their minds through coloring or drawing pictures

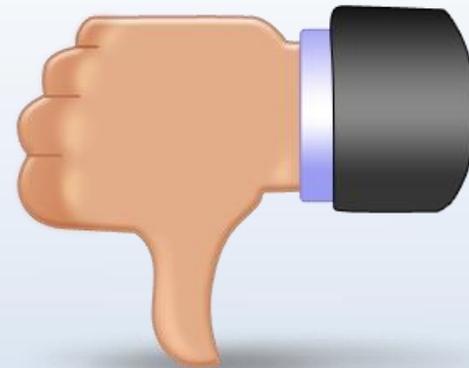


Calming Drawing Book



- Art activities can help children develop social-emotional and critical thinking skills
- These activities help them to demonstrate their interpretation of the world
- Drawing is a natural activity for children to express themselves
- It's important to remember math and literacy concepts, organize children's thoughts, and nurture imagination and creativity

Check for Understanding



Summarizing...



Our goal is to achieve healthier, happier, calmer, self-regulated children!



Skills they can use for life!

PROFESSIONAL DEVELOPMENT

available in English or Spanish



SANDY AMPUDIA

Director of Professional
Development

- **The Discovery Source Product Training**
 - The Calming Kit
 - Pyramid Model Resources
 - Frame Their Learning
- **Workshops**
 - Challenging Behaviors
 - CLASS® Support
 - Family Engagement

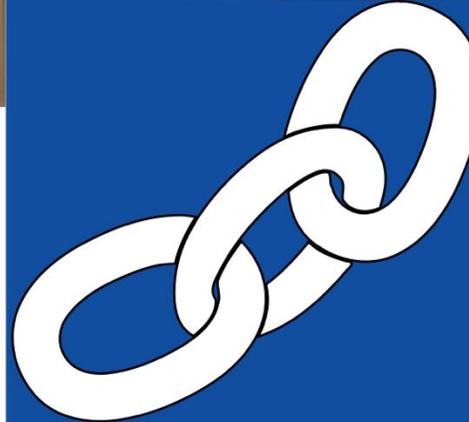


THE MISSING LINK



Our Professional Sessions are:

- Connecting Concepts, Prior knowledge, Training and experience with effective daily activities
- Closing the gap to transfer knowledge into daily practices
- Using effective, proven formats following adult learning principles (ODT)
- Aligned with FL Professional Competencies
- Short, interactive, and engaging sessions of 2 hours



The journey of a
thousand miles
begins with
a single
step.

- Lao Tzu



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Comments & Questions



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