**October Emotional Learning**

Happy Fall Everyone!

For some of you, you may be getting two different emails from me. The reason for this is kindergarten through fourth grade has a different emotional learning curriculum then the fifth and sixth graders. This year the state of Utah is requiring certain emotional and health teachings for fifth and sixth grade. I love working with your children!

Have a Wonderful Fall Break,

Sam Grabert

Emotions are a tough thing to figure out even as an adult, but for kids trying to manage feelings and emotions can be beyond overwhelming at times.

Remember when you were young and even a small disappointment was the end of the world? Maybe you didn’t quite know how to handle your feelings about it? As adults, we’ve had the chance to develop ways to cope with our emotions, even when they’re intense, but children often need extra help to navigate their feelings and find healthy ways to respond to their emotions.

When you see your child struggling to manage frustration, anger, disappointment, fear, sadness, or other big emotions, using effective coping skills can assist them in working through their feelings in constructive ways.

**What are some life changes?**

**Top 10 most stressful life changing events:**

1. Death of a spouse/child
2. Divorce
3. Marital Separation
4. Imprisonment
5. Death of a close family member
6. Personal injury or illness
7. Marriage
8. Dismissal from work
9. Marital reconciliation
10. Retirement

**Other life events:**

1. Changing in health of family member
2. Pregnancy
3. Long friendship ending
4. Gain of a new family member
5. Business readjustment
6. Change in financial state
7. Death of a close friend
8. New job or carrier
9. Mortgage/Foreclosure of home
10. Trouble with the law

**Coping Strategies**

1. Acknowledge things are changing
2. Even good change can cause stress
3. Stick to a regular schedule as much as possible
4. Eat healthy
5. Exercise
6. Seek support
7. Write down what the positives of the change
8. Be proactive
9. Talk to someone
10. Avoid social media
11. Make a plan
12. Practice Self care

**The 36 Coping Skills for Kids are:**

|  |  |
| --- | --- |
| * Get active
* Belly breathing
* Draw or doodle
* Count to five
* Speak kind words
* Spend time outdoors
* Senses check in
* Talk it out
* Sing
* Turn upside down
* Squeeze a stress ball
* Hang out with your pet
* Have a bath
* Push the wall over
* Golf ball roll
* Drink a glass of water
* Read a book
* Use my imagination
 | * Dance
* Laugh
* Blow bubbles
* Hug a teddy
* Make a list
* Play
* Ask for help
* Move away
* Stretch
* Ask for a hug
* Do something kind
* Make something
* Play with a fidget
* Listen to music
* Do a puzzle
* Carry a worry stone
* Think happy thoughts
* Calm down bottle
 |

**Stress Management Plan:**

**Part 1:**

**What is the problem?**

When you feel like you have to many problems seek advice, assess the situation remember to work as a team.

Avoid Stress!

Avoiding stress could mean you need to avoid certain people, places, things or memories that can trigger your stress.

Let it Go.

Let go of the things that don’t matter and focus on the problem or issue.

**Part 2:**

**Take Care of Yourself!**

Exercise, relax, eat well and sleep well.

**Part 3:**

**Take care of your emotions!**

Read a book, listen to music, take a warm bath, go to a peaceful place, talk to a parent or trusted adult or friend, meditate, write in a journal, laugh, cry or get organized

**Part 4:**

**Helping make your world better and be the best you!**

Help a member of your family.

I can volunteer by……

You deserve to feel good…what does that look like.

One of the best ways to be happy and successful is to manage stress well!

GIVE YOURSELF A BREAK!!!!

CHANGE IS INEVATIABLE MAKE THE BEST OF IT!!!

**Resources that Can Help:**

<https://www.psychologytoday.com/us/blog/here-there-and-everywhere/201701/10-ways-cope-big-changes>

<https://gozen.com/50-calm-down-ideas-to-try-with-kids-of-all-ages/>

<https://copingskillsforkids.com/blog/calming-and-relaxing-coping-skills>

<https://www.youtube.com/watch?v=_mZbzDOpylA>

<https://www.verywellmind.com/tips-to-reduce-stress-3145195>