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 than the fifth and sixth graders. The reason for this is 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 & Calming Down**

**Emotions WHAT are they?**
<https://www.youtube.com/watch?v=dOkyKyVFnSs>

1. Happy
2. Sad
3. Disgust
4. Anger
5. Scared/fear

**5 Steps to managing BIG Emotions**

1. Remind myself that is never okay to hurt others
2. Take 3 deep breaths or count slowly to 10

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

1. Use my words to say how I feel and what I wish would happen
2. Ask for help to solve the problem
3. Take time to calm down

Nine Ideas For Calming Down:

1. Go outside and kick a ball or run around
2. Punch a pillow
3. Listen to music or sing a song
4. Close your eyes and think of a calm place
5. Draw a picture
6. Write a letter or a story
7. Read a book
8. Talk to someone
9. Ask for a hug

**Below are some videos we watched on emotions:**

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

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

<https://www.crisisprevention.com/Blog/August-2016/4-Calming-Techniques-for-Kids-and-Adults>

**Below are some resources that you might find helpful:**

<https://copingskillsforkids.com/calming-anxiety>

<https://www.crisisprevention.com/Blog/August-2016/4-Calming-Techniques-for-Kids-and-Adults>