



SELF-MANAGEMENT: WHAT HELPS US FEEL BETTER?

Family members generate ideas together and create their own lists of healthy coping strategies, or ways they can react to challenging emotions to self-soothe.

TIME

15-20 minutes

PARTICIPANTS

Kindergarten and up, parents, family members

MATERIALS

Paper and favorite drawing tools

DIRECTIONS:

1. Gather your family around a table with paper and drawing tools.
2. First, talk about how you feel when challenging emotions hit. Which emotions challenge you the most?
3. Go around and share. What are things you can do to feel better when you are upset or have challenging emotions? Encourage all to think creatively.
4. After hearing plenty of ideas, each can draw and/or write their own “feel better” poster.
5. Hang these in a place that is easily accessible. Agree that you’ll help remind one another to check out your list when you are upset and want to feel better.

REFLECTION

- What’s often going on in your home when you feel challenging emotions? Do you notice a particular time of day or place when you feel big feelings?
- Did you get ideas from other family members’ ways of feeling better? Are you going to try out any new ideas?
- What social and emotional skills do you feel were used while doing this activity?

SOCIAL AND EMOTIONAL SKILLS

- **Self-Management** – Finding ways to calm down when taken over by a challenging emotion.
- **Self-Awareness** – Identifying which action steps will help you feel better when upset.
- **Social Awareness** – Learning from other family member’s healthy coping strategies.

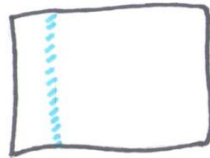


PTA HEALTHY LIFESTYLES

Here's an example:



Hug a bear.



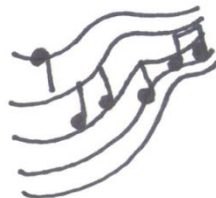
Hold a pillow.



Drink water.



Walk outside.



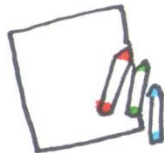
Listen to music.



Hug a caring person.



Look at a picture book.



Draw or write.



Do a puzzle.

Jennifer Miller 12-8-20