



 Children's Books and Activities
that Promote Social Emotional
Awareness for Elementary Age
Youth

Julie Kurtz, Founder and CEO
Center for Optimal Brain Integration
www.optimalbrainintegration.com

 **WHAT
COLOR
ARE MY FEELINGS?
WORKBOOK**
Middle School Edition

Daria O'Brien MS, CCC-SLP
Speech Paths

Downloadable for free at www.optimalbrainintegration.com

 Help Children Communicate Using Trigger Stop: Sensory and
Emotional Check-In APP

Free User Guide, Video and APP at www.optimalbrainintegration.com



Trigger Stop: Sensory and Emotional Check in Application
Created by Julie Kurtz
Center for Optimal Brain Integration

Green Zone

6:45 TriggerStop

Don't forget that with the camera, a child can practice snapping a photo of what their face looks like when they are happy. They can immediately add it to the body of the figure.

Emotions or Sensory Language

- Calm
- Happy
- Flexible
- Easy-going
- Cool
- Sunny
- Rainbows

Blue Zone

6:45 TriggerStop

Don't forget that with the camera, a child can practice snapping a photo of what their face looks like when they are scared. They can immediately add it to the body of the figure.

Emotion or Sensory Language

- Frozen
- Nothing
- Stuck
- Scared
- Frightened
- Iceberg
- Slow
- Snail

Orange Zone

6:45 TriggerStop

Don't forget that with the camera, a child can practice snapping a photo of what their face looks like when they are frightened. They can immediately add it to the body of the figure.

Emotion or Sensory Language

- Scared
- Frightened
- Unsafe
- Running Away
- Roller Coaster
- Jumpy
- Rocket Ship

Red Zone

Don't forget that with the camera, a child can practice snapping a photo of what their face looks like when they are angry or frustrated. They can immediately add it to the body of the figure.

Emotion or Sensory Language

- Scared
- Frightened
- Unsafe
- Angry
- Upset
- Volcano
- Flames
- Lightening

Free Downloadable at www.optimalbrainintegration.com

Teaching Feelings and Self-Regulation

THE ZONES OF REGULATION®

A CURRICULUM DESIGNED TO FOSTER SELF-REGULATION AND EMOTIONAL CONTROL

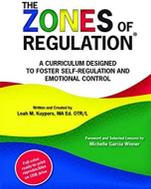
Written and Created by
Leah M. Kuggers, MA Ed, OTR/L

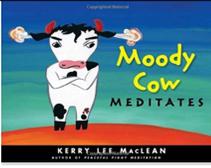
Foreword and Selected Lessons by
Michelle Garcia Winner

CD of songs, activities, and stories

 The Zones of Regulation is a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem-solving abilities.

In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem-solving skills.



Do you want to help the children in your life discover stillness, calm, confidence, and resilience?

Children can develop greater joy and concentration through the practices of mindfulness and meditation, and *Moody Cow Meditates* is the perfect way to introduce them.

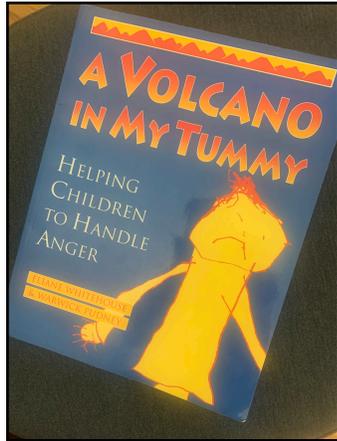
You'll love *Moody Cow Meditates* because it
Teaches kids how to handle their dysregulated emotions

- Encourages mindfulness and meditation
- Is funny and easy-to-read
- Has full-color illustrations by the author throughout
- Includes exercises to make your own meditation jar at home

 **My Moods, My Choices**

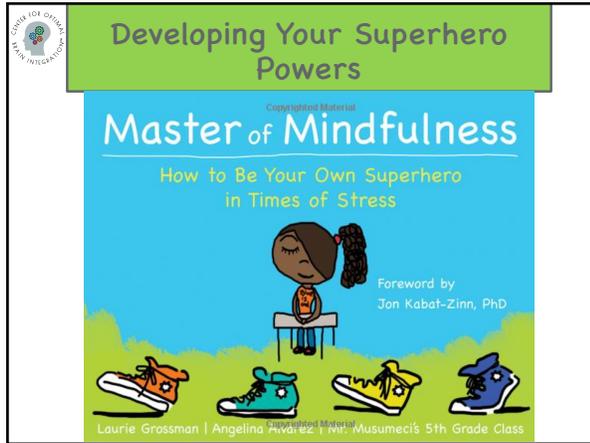


•**EDUCATIONAL TOOL.** Teach kids about different moods/emotions and positive actions that can be taken in a fun and educational way.
 •**20 DIFFERENT MOODS ARE INCLUDED.** Angry, bored, confident, confused, disappointed, embarrassed, excited, frustrated, grumpy, guilty, happy, hopeful, hungry, sad, scared, shy, sick, sleepy, stressed, and worried. Kids will enjoy flipping to the character that expresses their current mood, and the corresponding positive choices that can be taken.
 •This is a helpful learning tool for ANY child, particularly those in preschool, kindergarten and elementary school.



A Volcano in My Tummy: Helping Children to Handle Anger presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. Using easy to understand yet rarely taught skills for anger management, including how to teach communication of emotions,

A Volcano in My Tummy offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult care-givers experience. **Ages 6 to thirteen**, helps to create an awareness of anger, enabling children to relate creatively and harmoniously at critical stages in their development.



Written by Laurie Grossman, cofounder of Mindful Schools and director of program development at Inner Explorer, and Mr. Musumeci's fifth grade class at Reach Academy in Oakland, California, **Master of Mindfulness** presents helpful practices—mindful activities proven to make it easier to pay attention, accept yourself and others, manage your anger, and even get to sleep at night. The book includes easy and fun practices, like mindful breathing, noticing your feelings, paying attention to your body, and mindful eating.

So, why not use mindfulness and start being your own superhero today!

How can you help children build their own self-regulation toolkit??

The Solution Kit

FREE and Downloadable:
www.cainclusion.org/teachingpyramid

Find Another Friend to Play With



找一个朋友玩
Encuentra a otro amigo con quien jugar

Take a Break



休息一下
Toma un descanso

Emotional Regulation Options

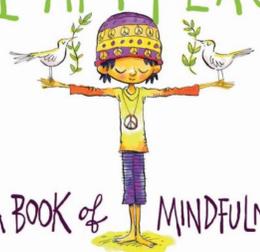
Self-Regulation

- Photos of possible options can be even more helpful
 - bounce a ball, take quiet space, chair pushups, squeeze a ball, wall pushups, take a break, do a drawing, count to ten, jumping jacks
- Use some to start and have children create their own additions

FREE and Downloadable:
www.cainclusion.org/teachingpyramid

I AM PEACE

I AM PEACE

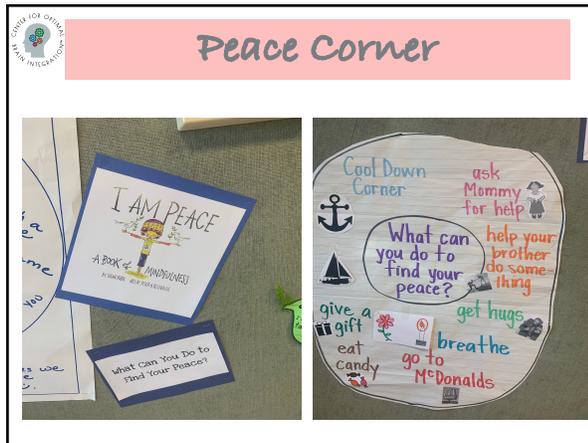


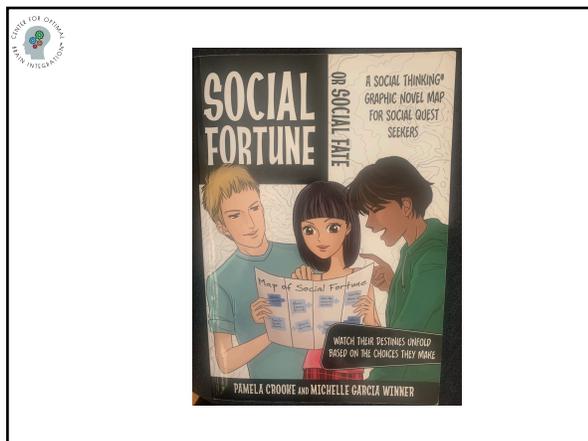
A BOOK of MINDFULNESS

BY SUSAN VERDE - ART BY PETER H. REYNOLDS

#1 NEW YORK TIMES BESTSELLING CREATORS OF I AM HUMAN







Social Fortune or Social Fate: A Social Thinking Graphic Novel Map for Social Quest Seekers

The core of the book consists of 10 social scenarios, each one scenario is played out through the lens of Social Fortune or Social Fate by demonstrating visually how a situation can change quickly based on how someone reacts within it.

Every scenario begins with a mini-story told through a four pictured comic strip which then leads the protagonist to a decision-making point. If the decision made leads to others feeling good and ultimately the character feeling good about him or herself, this will be represented as "social fortune." However, if the protagonist makes a decision that traps him/her and peers/adults in an uncomfortable or frustrating situation, this leads to "social fate." The social fortune and social fate decisions are depicted through unique four-pictured comic strips.

101 WAYS TO TEACH CHILDREN SOCIAL SKILLS
A READY-TO-USE, REPRODUCIBLE ACTIVITY BOOK
by Lawrence E. Shapiro, Ph.D.

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www.ed.gov

<http://www.socialworkerstoolbox.com/101-ways-teach-children-social-skills-ready-use-reproducible-activity-book/>

I-Messages ACTIVITY SHEET **37**

Name _____ Date _____

Complete these I-messages for practice. Then, make up two of your own.

I FEEL happy WHEN YOU _____
BECAUSE _____ AND I WANT _____

I FEEL frustrated WHEN YOU _____
BECAUSE _____ AND I WANT _____

I FEEL afraid WHEN YOU _____
BECAUSE _____ AND I WANT _____

I FEEL sad WHEN YOU _____
BECAUSE _____ AND I WANT _____

I FEEL _____ WHEN YOU _____
BECAUSE _____ AND I WANT _____

I FEEL _____ WHEN YOU _____
BECAUSE _____ AND I WANT _____

I FEEL _____ WHEN YOU _____
BECAUSE _____ AND I WANT _____

Empathy* ACTIVITY **38**

Learning Objective: To learn children how to identify with, and understand, another person's feelings.

SBK: Empathy

Ask the group what it means to "put yourself in another person's shoes." Encourage them to share examples from their own experience.

Tell them:

When you put yourself in another person's shoes, you empathize with her. Empathy is the ability to understand another person's feelings as if they were your own. When we see and feel things the way other people do, we can get along better with them.

People who have empathy for others can feel sad with them, or happy for them, and so on. They know what it is like to feel that way. When children can understand another person's point of view and respect her feelings, they are not likely to get into and more likely to make friends easily. They are better liked by other children and more successful in school.

Distribute Activity Sheet 38 in a discussion, the children can take turns choosing from the examples on the sheet, and/or telling about times when they empathized with others.



Resources Continued

Books

- Nicholson, J., Perez, L., & Kurtz, J. *Trauma-Informed Practices for Early Childhood Educators: Relationship-Based Approaches that Support Healing and Build Resilience in Young Children*. Routledge.
- *Dr. Peter Levine: Trauma Through a Child's Eyes*
- *Dr. Bessel Van Der Kolk: The Body Keeps the Score*

APPS

- <https://www.headspace.com/educators>
- Trigger Stop: Social and Emotional Check-In for Children 3-8
- Stop, Breath, Think
- Forest
- UCLA Mindful
- Mindful Life Project



Books

- *Not This Bear: A First Day of School Story*, by Alyssa Satin Capucilli
- *It's Not Your Fault, Koko Bear* by Vicki Lansky: The story of a lovable bear who doesn't want to have two homes.
- *Two Homes* by Claire Masurel: Alex has two favorite chairs: a rocking chair at Daddy's and a soft chair at Mommy's. Through small details like these, "Two Homes" focuses on what is gained rather than what is lost. It conveys that no matter which parent he's with, Alex knows that he is safe and loved. Even the illustrations are comforting and warm.
- *The Invisible String* by Patrice Karst: Applicable to any type of separation or loss, this heartwarming picture book is about the invisible and unbreakable bonds that connect us to our loved ones, no matter where they are.
- *Dinosaur Divorce* by Marc Brown
- *You Were the First* by Patricia McLachlan
- *Babies Don't Eat Pizza: A Big Kid's Book About Baby Brothers and Sisters* by Dianne Danzig: This book blends matter-of-fact information with kid-friendly humor to answer all the questions new big siblings have. The book refers to the new sibling as "your baby" and frequently references readers' own babyhood. Practical tips for parents are included, too.
- *One Special Day: A Story for Big Brothers and Sisters* by Lola M. Schaefer
- *Neighborhood* by Jason Fruchter: In this sweet board book, Daniel Tiger gets a new neighbor. Moving is scary at first, but the new neighbor soon feels right at home.
- *A Kiss Goodbye* by Audrey Penn: Chester the raccoon, of the beloved story "The Kissing Hand," is moving.
- *My Very Exciting, Sorta Scary Big Move* by Lori Attanasio Woodring



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