



*When i am not
feeling myself*

Ages: 5 - 9

WHEN I AM NOT FEELING MYSELF



Each one of us **experiences different emotions** on a daily basis, some old and others new types of feelings. On certain occasions, we experience **unpleasant emotions** – and sometimes, we just don't feel like ourselves. **Grounding the body and mind is a great way to release the negative thoughts, worries and sadness.**

Blossoming Kindness Initiatives would like to **empower teachers, parents and children** alike by providing the tools to help children elevate their emotional intelligence. With the increase in **multicultural and behavioral-diversity** in schools nowadays, Social Emotional Learning (SEL) provides a **foundation for positive learning** and also enriches the **students' ability to succeed in schools, jobs and in life as a whole.**

According to **Edutopia**, research shows that **SEL not only improves achievement by an average of 11 percentile points**, but it also increases pro-social behaviors **(such as kindness, sharing, and empathy)**, improves student attitudes toward school, and reduces depression and stress among students (Durlak et al., 2011).

A REMINDER ABOUT KINDNESS

The science behind kindness is fascinating. Once kindness has been performed, received or witnessed, it creates a highly positive impact on both the mind and body.



“This is why kindness affects our health in so many ways - it impacts the heart, the immune system, mind and emotions, brain, chemistry and structure, skin, muscles, and the nervous system even the gut - and why a lack of kindness and connection trends to have a negative health consequences.”

Dr. David Hamilton

INTRODUCTION TO GUARDIANS PARENTS AND TEACHERS:



The below cards are a powerful way to help children find ways to cope with their emotions, especially when they are feeling down.

Firstly speak to them about it:

- *What happened?*
- *How does that make you feel?*
- *I understand if you might not want to talk about it? I can sit with you “**in the dark**”.*
- *How can I help you?*
- *How about we do this... to release the inner pain?*

Help the child understand that he is not alone and that negative emotions are not ‘bad’, but rather a normal development milestone in humans.

Next use the cards:

- Once you have had the opportunity to talk (whether the child is open to discussing or not), you can now suggest to them to do one of those activities for a few minutes.
- Whether in school or at home, we recommend that you print these cards out for the children to have them handy.
- Show them the different options and ask which one would he/she would like to try out today for a few minutes.

FINALLY, ask them about how they feel after using the cards. If they still feel some emotional pain, you can try another activity or alternatively give them an opportunity and space to process their emotions.

INTRODUCTION TO GUARDIANS PARENTS AND TEACHERS:



Remember that **children are resilient** and very adaptable when given the **guidance and healthy environment to thrive emotionally.**

“Empathy has no script. There is no right way or wrong way to do it. It’s simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of ‘You’re not alone.’”

Brené Brown.

N.B. Check out our emotional Wheel activities to teach children new emotional vocabulary to help in self-expression.



WHEN I AM NOT FEELING MYSELF...



I go for a walk outdoors
to connect with nature.



I stretch my body
and do some yoga poses.



I read my favourite book.



I speak to someone that I
trust about it.



WHEN I AM NOT FEELING MYSELF...



I cuddle up with my pet.



Express my feelings through drawing or writing.



I do some breathing exercise and focus on what I hear, see or feel.



I think and speak kindly to myself, no matter how bad I feel.



MY WAYS OF UPLIFTING MYSELF



Allow the children to write and draw their own methods of calming and elevating their emotions.



We hope that the activity was helpful for your child(ren) in regulating their strong emotions.

Notes

A large area of dotted lines for taking notes.

Additional resources and in-depth explanation can be found on the following links:

[Edutopia](#)

[Developing Minds](#)

Share your thoughts and experiences with us:

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www.blossomingkindness.com

