



KIT

Managing emotions

THE KIT FOR YOUR KIDS

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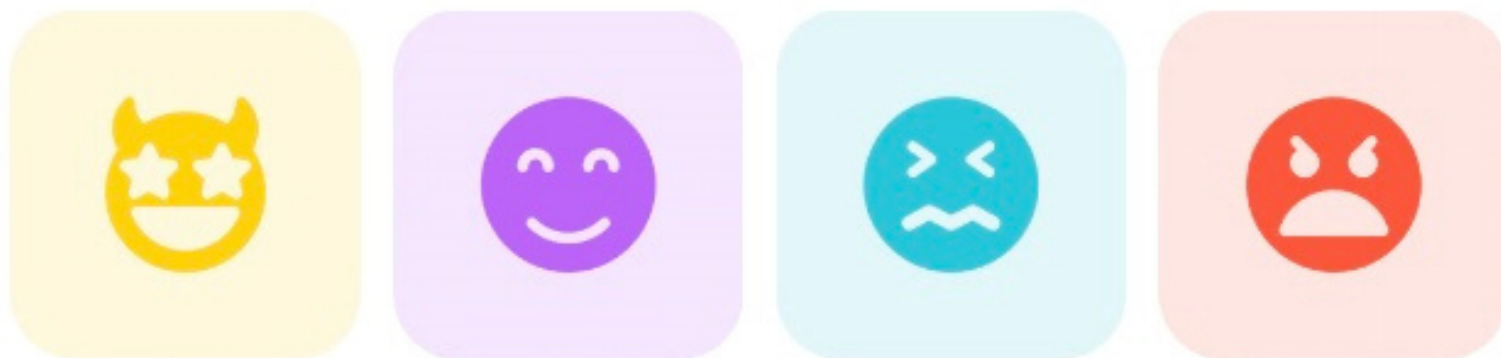


A kit to learn to identify and manage your emotions!

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A kit especially dedicated to your Kids' emotions. In this kit, your child will approach emotions under several aspects. A playful way to get familiar with emotions, through entertaining activities, observation and manipulation.

This kit is accessible from the age of 6 years old where he will find several types of games!





Summary

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Chinese portrait



The emotional challenge

Your emotional portrait

Managing your emotions and
those of others

Emotions are gone

My daily emotional diary

I am... I feel...





Chinese portrait

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Do you know the Chinese portrait?

It allows everyone to present themselves in a playful and imaginative way.

Present each of your emotions by filling in the bubbles.



If joy was ...



A colour
it would be :

A landscape it would be :

A plant
it would be :



A music
it would be :



An animal it would be :

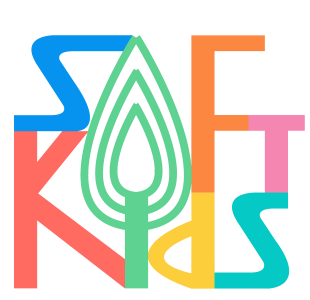


An object it would be :



A sport it would be :





If sadness was...
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A landscape it would be :

A plant it would be :



An animal it would be :



A colour it would be :

A music it would be :



A sport it would be :



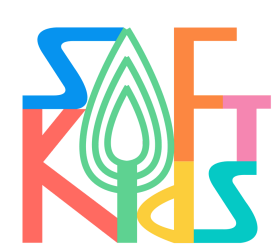
An object it would be :



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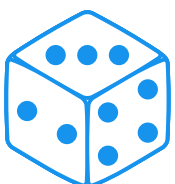
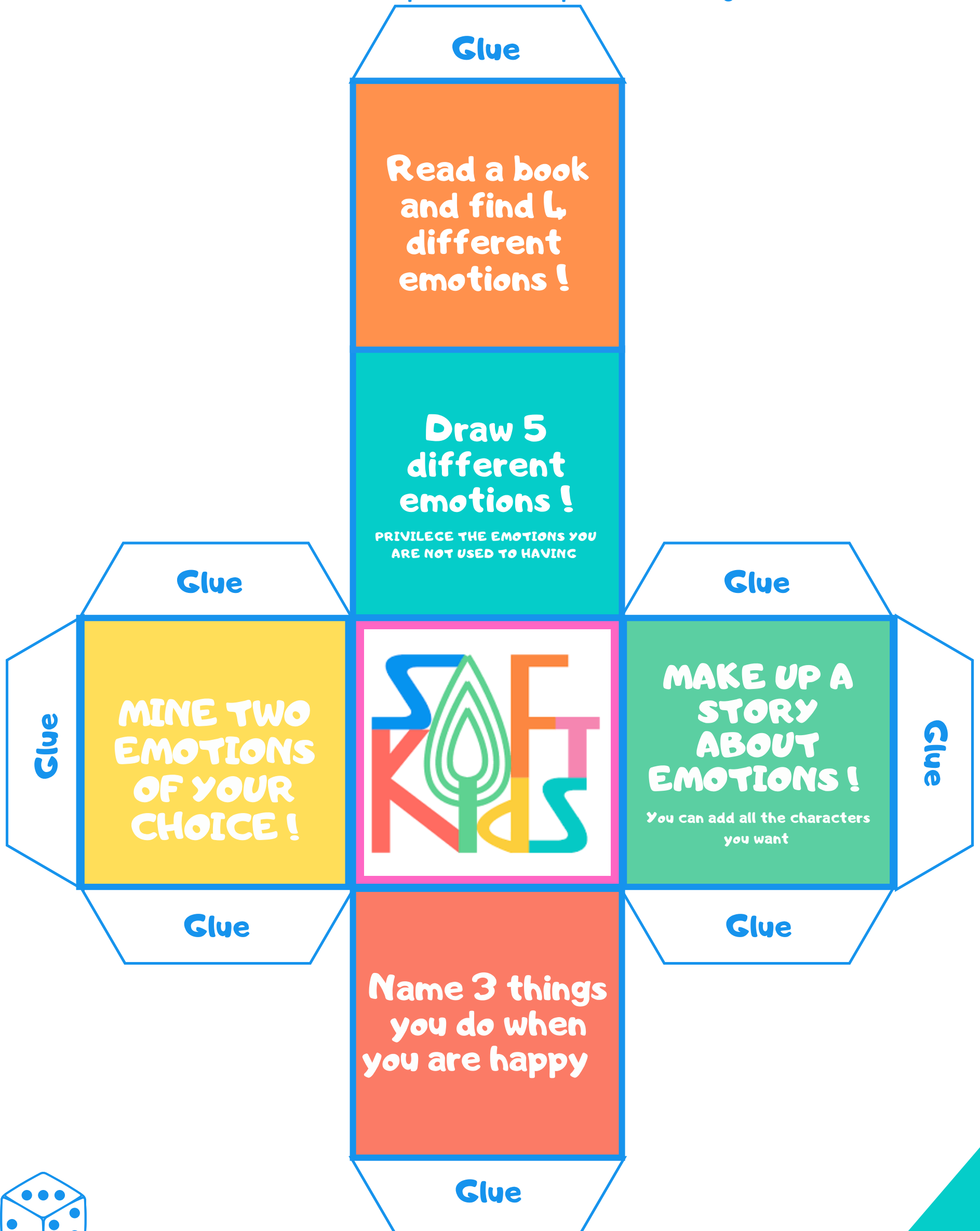
GIVE CHILDREN EVERY CHANCE TO SUCCEED!



The challenge of emotions

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Cut out and make up the die to complete the challenges!

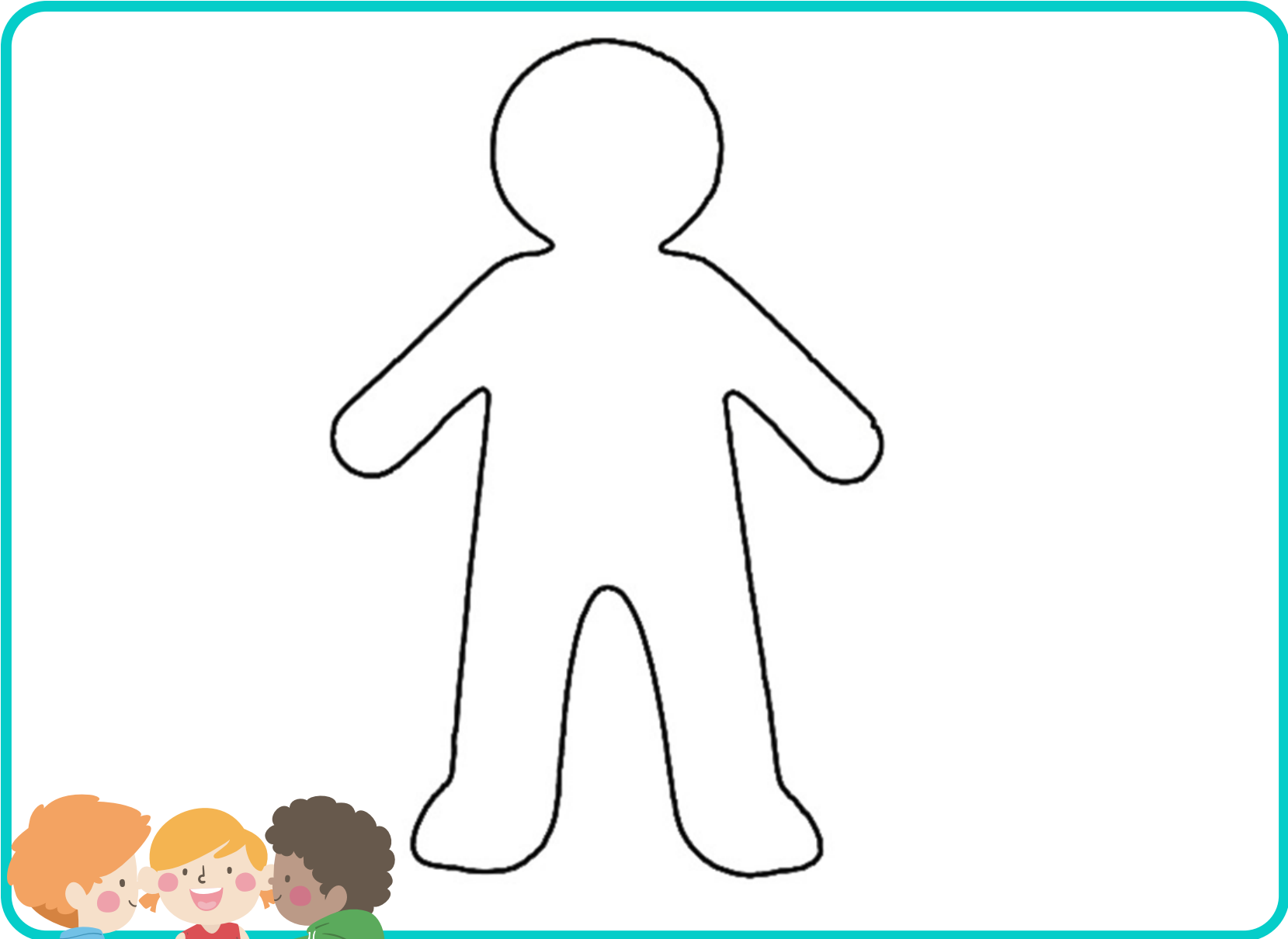


Name : _____



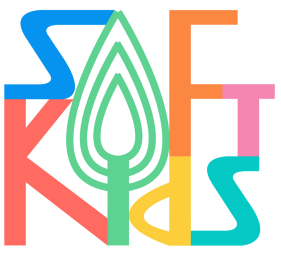
YOUR EMOTIONAL PORTRAIT

Instructions: Here is a portrait where you are going to identify your emotions in each part of your body (head, arm, stomach, leg)! You have to place the emotions you feel in your body when you are **happy**, **angry**, **sad**, **excited** and **confident**. Then you will have to explain why you have placed these emotions in that part of your body!



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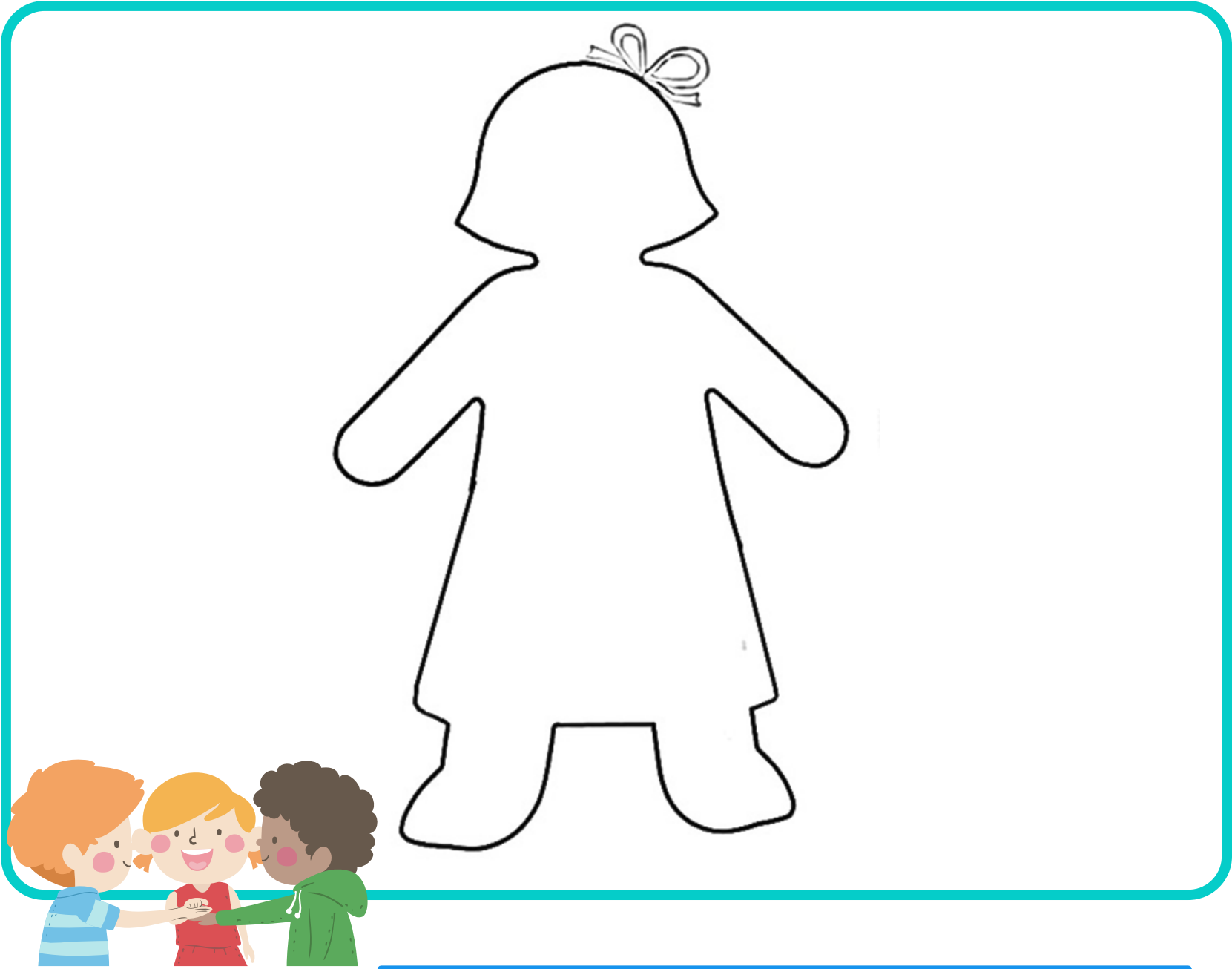




Name : _____

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Managing the emotions of others and yourself

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Find your way through each situation to learn how to deal with the emotions of others and yourself!

Your little brother is very angry because he has lost his favourite toy.

Your teacher is very happy today because he is announcing
He is announcing a trip to the amusement park.

Your best friend is going to the oral exam to recite his/her poetry, but he/she is very stressed and does not want to go.



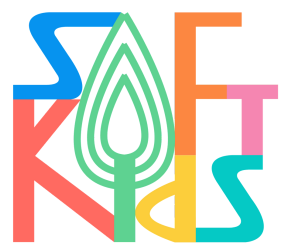
You are very happy, you clap, you look at your friends and you share your joy with them.

Walk with him for a few minutes with him and then console him by lending him your favourite toy and play with him.

You advise your friend that it is normal to be stressed, and should take a deep breath



GIVE CHILDREN EVERY CHANCE TO SUCCEED!



The emotions are gone!

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Cut out each facial feature to reconstruct all the emotions you know, then glue them onto the faces!

Eyes

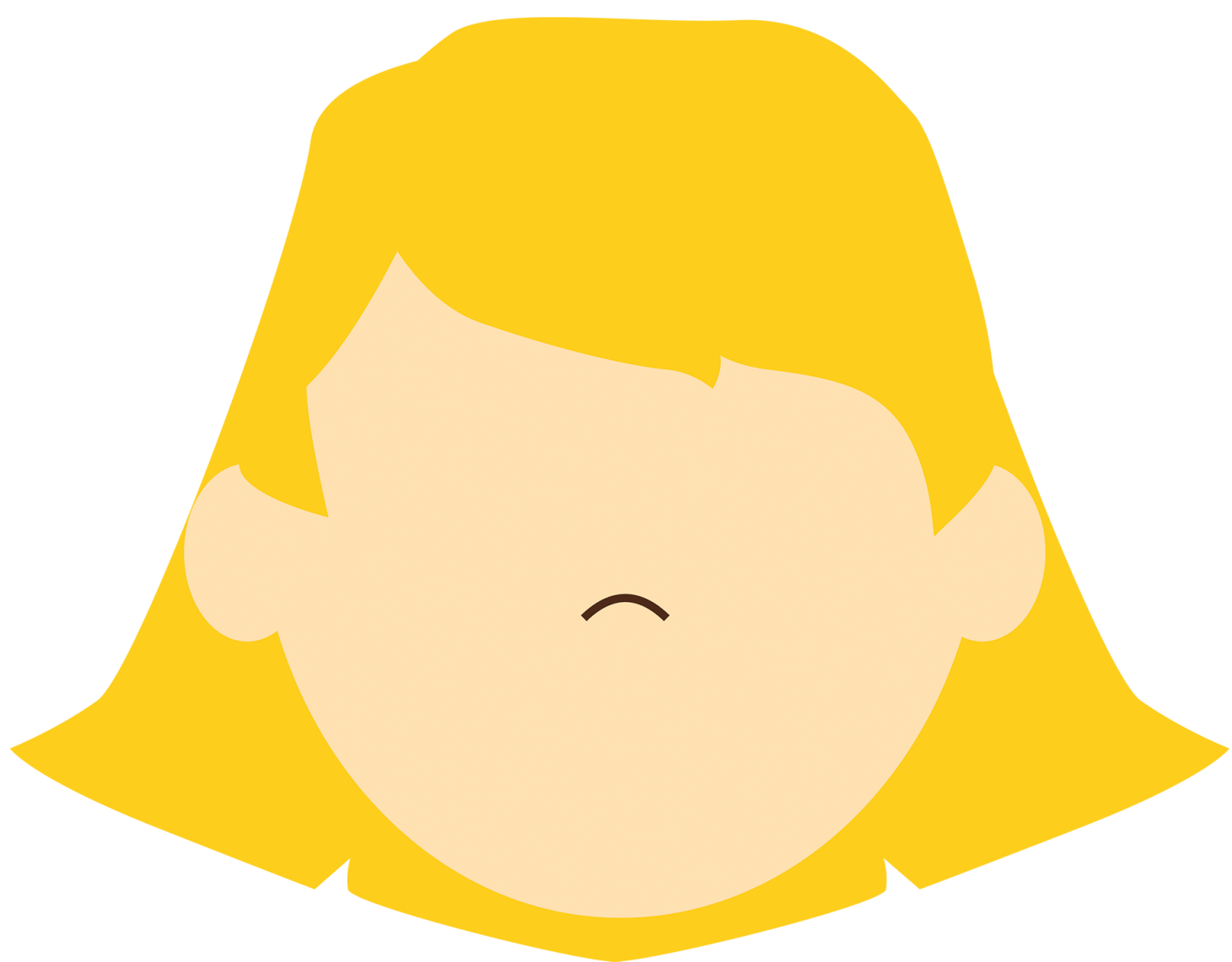


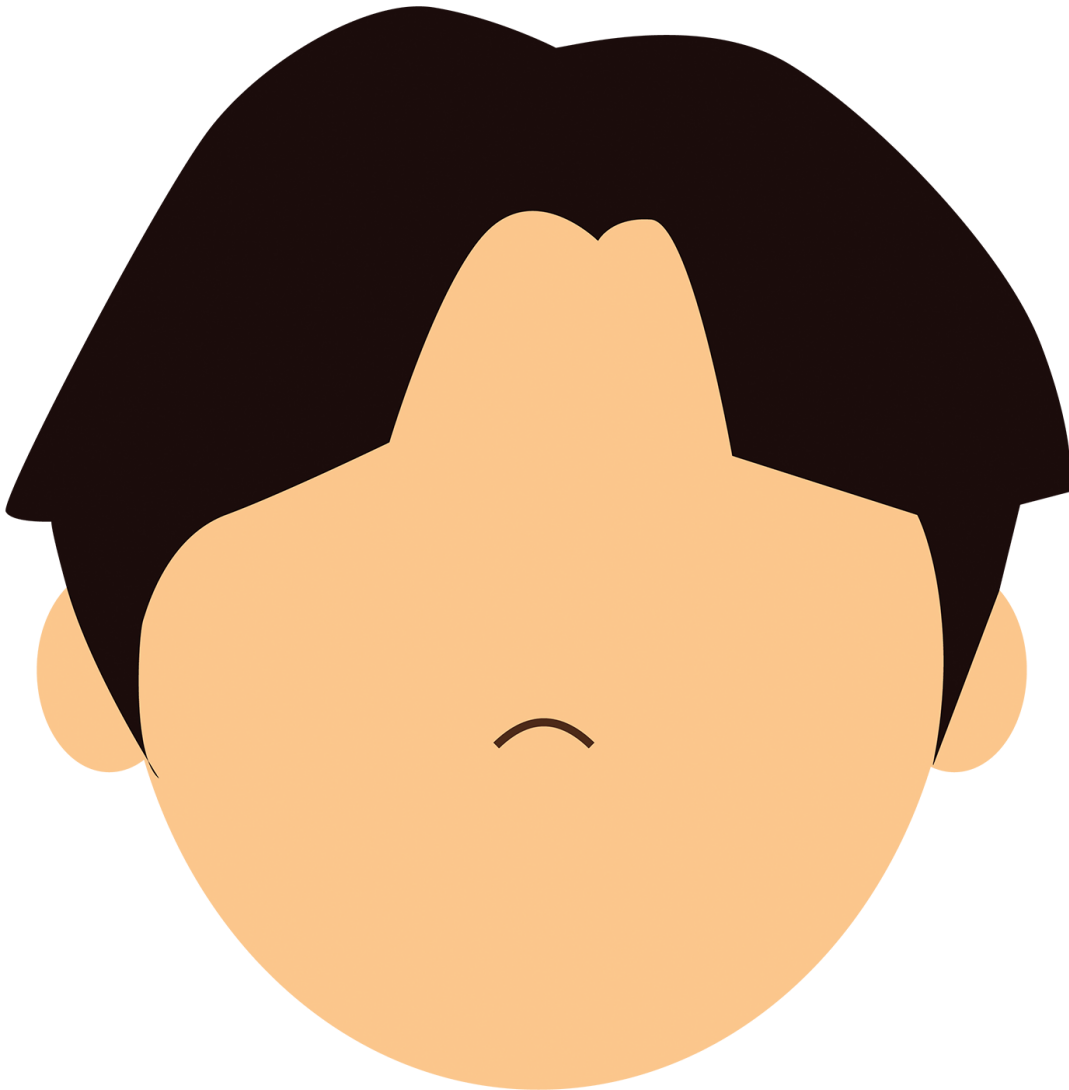
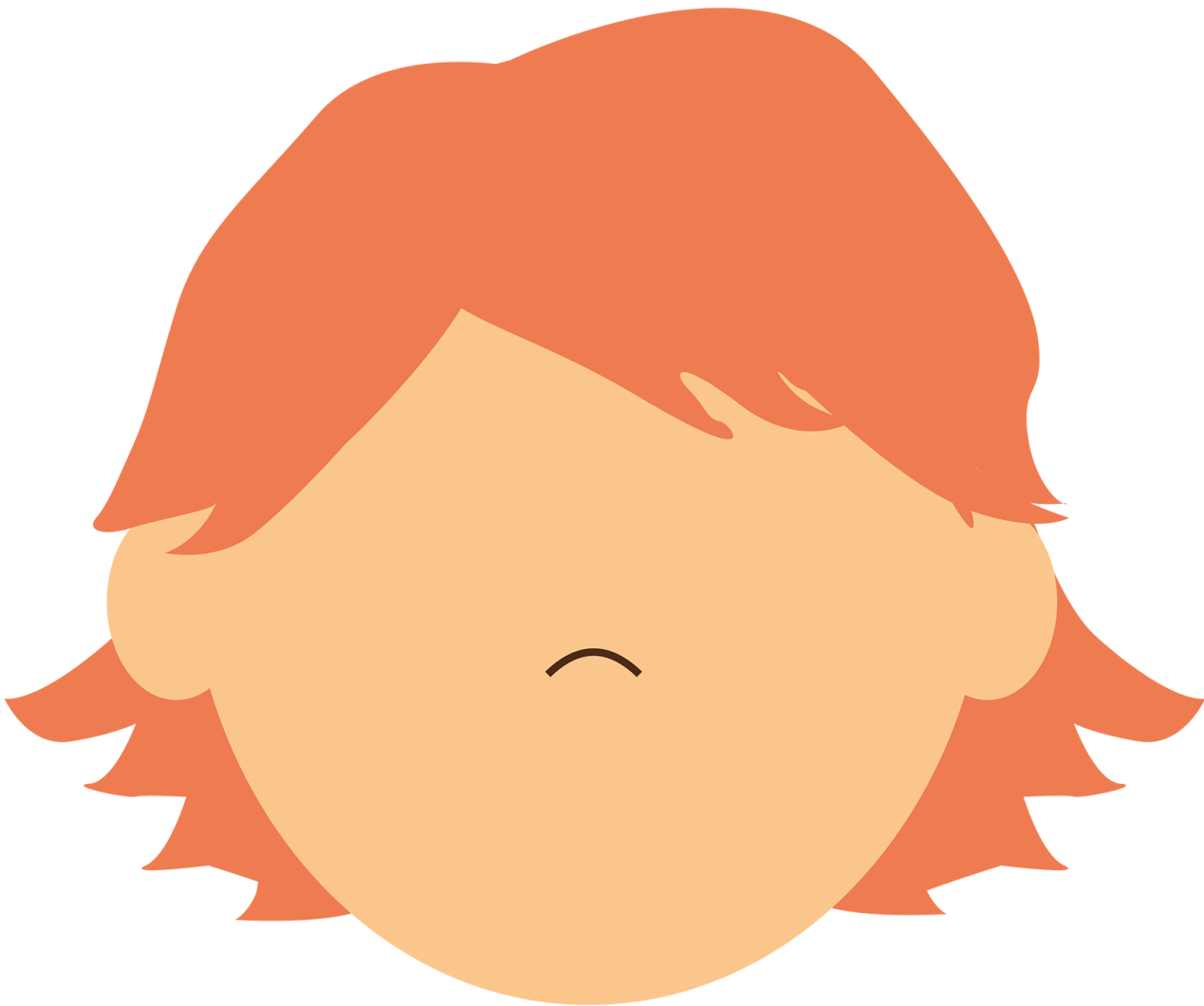
Brows



mouths









Name:

Date:

My Daily Emotional Diary

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Choose two words from the list to describe how you felt today. Can't identify your emotions? Feel free to use other words.

I think these feelings are :

- ☐ both positive negative ☐ positive and negative
☐ and positive ☐ both negative

I feel this way because _____

What can cheer you up or help you stay happy today? Draw them below.

LIST OF EMOTIONS

angry
bored anxious
ashamed
clumsy
courageous
calm cheerful
cold confused
disgusted
distracted
embarrassed
happy friendly
guilty happy
optimistic
jealous lonely
loved nervous
offended
afraid caring
tired
uncomfortable
uncertain
worried





I am.... I feel...

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Instructions: Here is a list of about 80 emotions! Classify in the table the emotions that seem to correspond to the 6 primary emotions: joy, sadness, anger, fear, surprise and disgust!

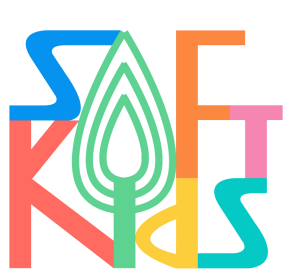
Agitated, agitated, downcast, cheerful, playful, flattered, happy, optimistic, passionate, overwhelmed, affected, sorry, confused, aggressive, upset, inflicted, devastated, hurt, grieved, exasperated, hurt, disappointed, depressed, disappointed, pleased, astonished, distrustful, amazed, embarrassed, impatient, shaken, at ease, in love, stunned, troubled, bitter, disgusted, delighted, pleased, crumpled, irritable, contemptuous, displeasing, frustrated, repulsive, desperate, distressed, unpleasant, enraged, enthusiastic, euphoric, irritated, rage, excited, anxious, fearful, puzzled, hostile, impatient, frightened, uncertain, indecisive, worried, horrified, panicked, preoccupied, worried, terrified, terrorised, tormented, relieved, furious, hateful, pleased, amused, shy, melancholic, sorry, nostalgic, vulnerable, delighted, concerned, amazed, enthusiastic, amazed, impatient inherited.

Anger	The surprise	The joy	Disgust	Sadness	Fear



GIVE CHILDREN EVERY CHANCE TO SUCCEED!

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Our tips for managing and identifying emotions!

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Throughout the kit you had the opportunity to work on different aspects to better understand emotions.

First of all, here is a short definition to explain what an emotion is: **An emotion is first of all something you feel spontaneously in a specific situation and they are.** When you feel joy, anger, fear, shame or excitement in your body many things happen (e.g. blushing, fast heartbeat, feeling hot, etc.) and in your head your whole mind is turned upside down you want to laugh, scream, cry, etc.

Here are some tips on how to best deal with the emotions you are experiencing:

- If your emotions are too strong and difficult to manage, take the time to get to know yourself, to listen to yourself and to express your feelings to better welcome your emotions.
- When sadness invades your mind, don't hesitate to discuss it with those close to you, you can also go into the arms of someone you love, hugs release a magic potion of well-being and happiness, the more you have and the less your emotions go haywire. Don't think too much about negative emotions! Every time you feel a negative emotion taking over, think of all the good things you did, a birthday, a fun activity...
- To avoid getting too stressed and angry, take time to breathe and detach your mind to focus on your body, for this you can distract yourself with several activities! For example, you can go for a walk with your parents in a park or in the garden! You can collect pretty leaves to relax! You can run, jump, etc.
- You can exercise and meditate regularly because exercise is a good way to manage your physical and emotional health and this will help you to reduce the negative emotions you feel inside your body!
- You can also develop your emotions to observe and put yourself in the shoes of others! When you understand your emotions, it will be easier for you to understand how others may feel!

