## Laying the foundation for Education Communication

School is going to look very different in September and the stress will be real. I invite you to be proactive in setting your child up for success. The skills below will help your support the teachers and your family in creating a continuity of independence and growth and awareness. This can be implemented and explored at any age.

Self-regulationReactionsRecovery

PERSONALITY AND EMOTIONAL INTELLIGENCE  Bring awareness to how each family member copes with life.	EQ vs IQ: Why emotional intelligence will take your kid further in life  Activites  Test Your Emotional Intelligence, Free EQ Quiz, El Test  EQ Tests - Free Online Emotional Intelligence Tests  Emotional Intelligence for children ages 8-10
EMOTIONS  The goal is for your child to recognize their emotions	<ul> <li>Emotional Intelligence Quiz   Greater Good</li> <li>Teaching your childemotion</li> <li>10 Activities to Help Students Explore Emotions</li> <li>Super Fun Activities to Help Kids Recognize Big Emotions</li> </ul>
EXPLORE EMOTIONS  What are you feeling? Why are you? What can we do to make it better?	<ul> <li>Feelings quiz</li> <li>Feelings Associated with Conflict Worksheets</li> <li>Feelings Worksheets</li> </ul>
BREATHING  Develop the skills to breathe and self-calm Find 3 strategies for self regulation	<ul> <li>3 Minutes Body Scan Meditation -         Mindfulness For Kids And Adults</li> <li>https://www.youtube.com/watch?v=fmW         YD6aHLhg</li> <li>Deep Breathing Exercises for Kids</li> <li>8 Fun Breathing Exercises for Kids at         Home or School {Printable}</li> </ul>
	INTELLIGENCE  Bring awareness to how each family member copes with life.  EMOTIONS  The goal is for your child to recognize their emotions  EXPLORE EMOTIONS  What are you feeling? Why are you? What can we do to make it better?  BREATHING  Develop the skills to breathe and self-calm Find 3 strategies for self

WEEK 5	AWARENESS SELF REGULATION  Who am I? Observe your children and yourself. Try and create a	Help your child develop his personal resume Personality Energy level Strengths Needs Reaction Recovery  Tips On How To Improve Your Child's Self-Awareness? Improving Your Child's Self-Awareness Skills  18 Self-Esteem Worksheets and Activities for Teens and Adults (+PDFs)
WEEK 6	RESPONSES What does anger look like for you What are your levels of intensity? What are the level of triggers	<ul> <li>Emotion coaching: Helping kids cope with negative feelings</li> <li>Helping kids identify and express feelings</li> <li>Anger Management Behavior Charts</li> <li>Anger Worksheets for Children</li> <li>101 WAYS TO TEACH CHILDREN SOCIAL SKILLS</li> </ul>
WEEK 7	RECOVERY It's important to know how you child gets back to neutral, look for:  Fight or flight Hold grudge Mood shift	<ul> <li>https://raising-independent-kids.com/116         3-2/</li> <li>Fight or Flight (CYP)</li> <li>Upstairs and Downstairs Brain</li> <li>https://beaconhouse.org.uk/wp-content/uploads/2019/09/What-Are-You-Feeling.pdf</li> <li>Fight Flight Freeze – A Guide to Anxiety for Kids</li> <li>5 Incredibly Fun GAMES to Teach Self-Regulation (Self-Control)   Early Childhood Development</li> </ul>
WEEK 8	GROWTH MINDSET FIXED MINDSET	<ul> <li>How to Teach Growth Mindset to Kids         (The 4-Week Guide)</li> <li>The Ultimate List of Free Meditation         Printables for Kids {Mindfulness             Resources}</li> </ul>
WEEK 9	INDEPENDENCE  > Open and close all clothing  > (Buttons, zipper)  > Put on and tie shoes (or velcro)  > Pack backpack  > Keep a space organized	<ul> <li>Developing independent learning skills that improve outcomes</li> <li>An Age-by-Age Guide to Teaching Your Child Life Skills</li> </ul>
WEEK 10	REFLECT	Please let me know shawna@karmacares.ca

## LEARNING YOU PERSONALITY AND EMOTIONAL INTELLIGENCE

**Understanding Your Child's Personality** 

Personality Questionnaire for Kids

Personality Test for Kids: Take the Free Quiz Today!

**Quiz Landing** 

Personality Types

## **Emotional regulation**

Why Practicing Can Help with Emotional Regulation

Feelings | Emotions song | Children, Kids and Toddlers music for kindergarten | Patty Shukla

Why Do We Lose Control of Our Emotions?

Inside Out: Guessing the feelings.

<u>Funny Emotions Face Game | Feelings and Emotions | Emotions for Kids to Learn, Feelings for Toddlers</u>

Transition

https://www.thechaosandtheclutter.com/archives/transition-strategies-for-kids

Resilience

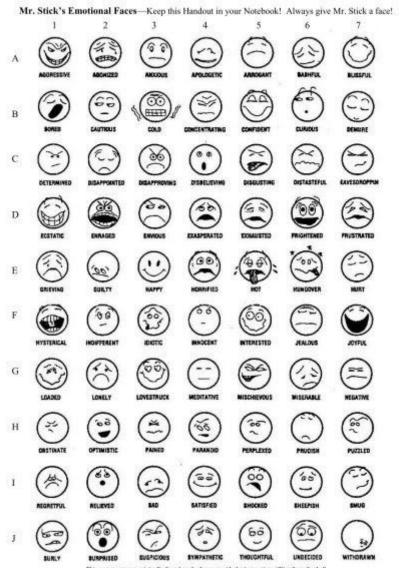
20 Powerful Strategies in Building Resilience in Children

If you are looking for support in building skills for your child or family dynamics or looking for ideas how to implement these essential skills please feel free to reach out and book an appointment.

Shawna Akerman

Karma \*\* Cares

https://www.karmacares.ca shawna@karmacares.ca 647-300-1172



This one-pager was originally found on the laternet with the instructions "Distribute freely."

That was years age, and we can no longer find it to link to. We provide a here for trackers and their classrooms, and hope that for educationa purposes, we are still encouraged to distribute it flooly.

