

## **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.

- \* Independence
- \* Self-regulation
- \* Reactions
- \* Emotional intelligence
- \* Transitions
- \* Recovery

WEEK 1	<p>LEARNING YOU PERSONALITY AND EMOTIONAL INTELLIGENCE</p> <p>Bring awareness to how each family member copes with life.</p>	<p>Information  <a href="#">EQ vs IQ: Why emotional intelligence will take your kid further in life</a></p> <p>Activites</p> <ul style="list-style-type: none"> <li>❖ <a href="#">Test Your Emotional Intelligence. Free EQ Quiz. EI Test</a></li> <li>❖ <a href="#">EQ Tests - Free Online Emotional Intelligence Tests</a></li> <li>❖ <a href="#">Emotional Intelligence for children ages 8-10</a></li> </ul>
WEEK 2	<p>EMOTIONS</p> <p>The goal is for your child to recognize their emotions</p>	<ul style="list-style-type: none"> <li>❖ <a href="#">Emotional Intelligence Quiz   Greater Good</a></li> <li>❖ <a href="#">Teaching your child...emotion</a></li> <li>❖ <a href="#">10 Activities to Help Students Explore Emotions</a></li> <li>❖ <a href="#">Super Fun Activities to Help Kids Recognize Big Emotions</a></li> </ul>
WEEK 3	<p>EXPLORE EMOTIONS</p> <p>What are you feeling?          Why are you _____?          What can we do to make it better?</p>	<ul style="list-style-type: none"> <li>❖ <a href="#">Feelings quiz</a></li> <li>❖ <a href="#">Feelings Associated with Conflict Worksheets</a></li> <li>❖ <a href="#">Feelings Worksheets</a></li> </ul>
WEEK 4	<p>BREATHING</p> <p>Develop the skills to breathe and self-calm          Find 3 strategies for self regulation</p>	<ul style="list-style-type: none"> <li>❖ <a href="#">3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults</a></li> <li>❖ <a href="https://www.youtube.com/watch?v=fmWYD6aHLhg">https://www.youtube.com/watch?v=fmWYD6aHLhg</a></li> <li>❖ <a href="#">Deep Breathing Exercises for Kids</a></li> <li>❖ <a href="#">8 Fun Breathing Exercises for Kids at Home or School {Printable}</a></li> </ul>

WEEK 5	<p>AWARENESS SELF REGULATION</p> <p>Who am I? Observe your children and yourself. Try and create a</p>	<p>Help your child develop his personal resume Personality    Energy level Strengths    Needs Reaction    Recovery</p> <ul style="list-style-type: none"> <li>❖ <a href="#">Tips On How To Improve Your Child's Self-Awareness?</a></li> <li>❖ <a href="#">Improving Your Child's Self-Awareness Skills</a></li> <li>❖ <a href="#">18 Self-Esteem Worksheets and Activities for Teens and Adults (+PDFs)</a></li> </ul>
WEEK 6	<p>RESPONSES</p> <p>What does anger look like for you What are your levels of intensity? What are the level of triggers</p>	<ul style="list-style-type: none"> <li>❖ <a href="#">Emotion coaching: Helping kids cope with negative feelings</a></li> <li>❖ <a href="#">Helping kids identify and express feelings</a></li> <li>❖ <a href="#">Anger Management Behavior Charts</a></li> <li>❖ <a href="#">Anger Worksheets for Children</a></li> <li>❖ <a href="#">101 WAYS TO TEACH CHILDREN SOCIAL SKILLS</a></li> </ul>
WEEK 7	<p>RECOVERY</p> <p>It's important to know how you child gets back to neutral, look for:</p> <ul style="list-style-type: none"> <li>➤ Fight or flight</li> <li>➤ Hold grudge</li> <li>➤ Mood shift</li> </ul>	<ul style="list-style-type: none"> <li>❖ <a href="https://raising-independent-kids.com/1163-2/">https://raising-independent-kids.com/1163-2/</a></li> <li>❖ <a href="#">Fight or Flight (CYP)</a></li> <li>❖ <a href="#">Upstairs and Downstairs Brain</a></li> <li>❖ <a href="https://beaconhouse.org.uk/wp-content/uploads/2019/09/What-Are-You-Feeling.pdf">https://beaconhouse.org.uk/wp-content/uploads/2019/09/What-Are-You-Feeling.pdf</a></li> <li>❖ <a href="#">Fight Flight Freeze – A Guide to Anxiety for Kids</a></li> <li>❖ <a href="#">5 Incredibly Fun GAMES to Teach Self-Regulation (Self-Control)   Early Childhood Development</a></li> </ul>
WEEK 8	<p>GROWTH MINDSET FIXED MINDSET</p>	<ul style="list-style-type: none"> <li>❖ <a href="#">How to Teach Growth Mindset to Kids (The 4-Week Guide)</a></li> <li>❖ <a href="#">The Ultimate List of Free Meditation Printables for Kids {Mindfulness Resources}</a></li> </ul>
WEEK 9	<p>INDEPENDENCE</p> <ul style="list-style-type: none"> <li>➤ Open and close all clothing</li> <li>➤ (Buttons, zipper)</li> <li>➤ Put on and tie shoes (or velcro)</li> <li>➤ Pack backpack</li> <li>➤ Keep a space organized</li> </ul>	<ul style="list-style-type: none"> <li>❖ <a href="#">Developing independent learning skills that improve outcomes</a></li> <li>❖ <a href="#">An Age-by-Age Guide to Teaching Your Child Life Skills</a></li> </ul>
WEEK 10	REFLECT	<p>Please let me know <a href="mailto:shawna@karmacares.ca">shawna@karmacares.ca</a></p>

## 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.](#)

[Funny Emotions Face Game | Feelings and Emotions | Emotions for Kids to Learn, Feelings for Toddlers](#)

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









































































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Mr. Stick's Emotional Faces—Keep this Handout in your Notebook! Always give Mr. Stick a face!

	1	2	3	4	5	6	7
A	 AGGRESSIVE	 AMAZED	 ANXIOUS	 APOLOGETIC	 ARROGANT	 BASHFUL	 BLISSFUL
B	 BORED	 CAUTIOUS	 COLD	 CONCENTRATING	 CONFIDENT	 CURIOUS	 DEMURE
C	 DETERMINED	 DISAPPOINTED	 DISAPPROVING	 DISBELIEVING	 DISGUSTING	 DISTASTEFUL	 EYESDROPPIN
D	 ECSTATIC	 ENRAGED	 ENVOUS	 EXASPERATED	 EXHAUSTED	 FRIGHTENED	 FRUSTRATED
E	 GRIEVING	 GUILTY	 HAPPY	 HORRIFIED	 HOT	 HUNGOVER	 HURTY
F	 HYSTERICAL	 INDIFFERENT	 IDiotic	 INNOCENT	 INTERESTED	 JEALOUS	 JOYFUL
G	 LOADED	 LONELY	 LOVESTRUCK	 MEDITATIVE	 MISCHIEVOUS	 MISERABLE	 NEGATIVE
H	 OBSTINATE	 OPTIMISTIC	 PAINED	 PARANOID	 PERPLEXED	 PROUDISH	 PUZZLED
I	 REGRETFUL	 RELIEVED	 SAD	 SATISFIED	 SHOCKED	 SHEEPISH	 SMUG
J	 SURLY	 SURPRISED	 SUSPICIOUS	 SYMPATHETIC	 THOUGHTFUL	 UNDECIDED	 WITHDRAWN

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