

DOWNLOAD PDF TALKING TO CHILDREN ABOUT RESPONSIBILITY AND CONTROL OF EMOTIONS

Chapter 1 : Guide to Social & Emotional Development

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They tend to have more emotional, behavioral and academic problems than other kids, and are four times more likely to become addicts themselves. They are also at greater risk of abuse and neglect, witnessing domestic violence, and marrying an addict later in life. As children learn to fend for themselves to survive, unpredictability and chaos become the norm in addicted homes. Lack of consistent discipline can produce deficits in self-control and personal responsibility, or conversely, over-control or hyper-vigilance. Their emotions run a confusing gamut. At once resentful of and loyal to their addicted parent, children are reluctant to open up and share long-held family secrets, even if they desperately want the support. In this impossible situation, what can parents, caretakers or other adults say to their children? How do they explain the wreckage of addiction to someone who, at a young age, has already been overexposed to some of the darkest potentialities of life? If possible, bring it up when there is a plan in place to get help for the addicted parent. Talk about what will change. Repeat the conversation as often as needed so that the child feels comfortable having an ongoing dialogue. The language you use and the level of detail you provide depend on the age and maturity of the child. Break the issues down as simply and directly as possible, and finish with a message of hope. Children have an innate ability to read when adults are lying. Explain that addiction is a disease caused by a number of factors, including genetics, environment and past trauma. Similar to people with diabetes and heart disease, their parent is sick and needs treatment to feel better. Educate yourself about the disease of addiction so you are in a position to answer any questions the child may have. One of the most important things for children to understand is that addiction is not their fault. Addiction hijacks the brain and just as the child is powerless to stop it, the parent is out of control as well. Put Things Into Perspective. Children from addicted homes tend to idealize other families without realizing they have struggles of their own. Help them understand that they are not alone; in fact, millions of children are in the same situation. They are normal kids thrust into an unhealthy home environment who are doing their best to cope with an extremely stressful situation. After being disconnected from themselves and others, it may take practice for the child of an addict to be able to identify and process their emotions. To combat the secretiveness, fear and loneliness addiction brings, encourage them to talk about their feelings without criticism or judgment. Teach the Seven Cs.

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Chapter 2 : Emotional Intelligence Activities for Kids

>Talking to Children About Responsibility and Control of Emotions results from a symposium of leading developmental psychologists, philosophers of education, counsellors, and educators.

Therapy worksheets related to Emotions Small Talk: Discussion Cards, any game can be turned into a fun therapeutic activity for kids. Each Small Talk card asks a simple question about one of three topics, along with a more challenging "Digging Deeper" question or activity. This packet includes twenty-four cards in the categories of "family", "feelings", and "my world" Forgiveness Therapy worksheet Forgiveness is a process where someone who has been wronged chooses to let go of their resentment, and treat the wrongdoer with compassion. Forgiveness does not mean forgetting or condoning the wrongdoing, granting legal mercy, or reconciling a relationship. You can forgive a person while in no way believing that their actions were acceptable or justified Gratitude Journal worksheet Gratitude journals are a popular and effective intervention from the field of positive psychology. The goal of a gratitude journal is to increase our focus on positive experiences, which improves well-being. The Gratitude Journal worksheet begins with a one-page info sheet, followed by several pages for journaling practice Triggers worksheet Learning to identify and cope with triggers is a popular strategy for the treatment of several problems—especially anger and addictions—because of the effectiveness and intuitiveness of the approach. Our Triggers worksheet will introduce your clients to triggers with a simple definition and tips, while guiding them through the process of identifying their own triggers In small doses, anxiety is helpful. It protects us from danger, and focuses our attention on problems. But when anxiety is too severe, or occurs too frequently, it can become debilitating. Psychoeducation is an important early step in the treatment of anxiety disorders The Fight-or-Flight Response worksheet When a person perceives the threat of harm—whether emotionally or physically—their body will automatically initiate a survival response. Heart rate elevates, palms begin to sweat, breathing becomes rapid, and thoughts race. These changes are all part of the fight-or-flight response, which prepares the person to either confront or flee from the threat Printable Emotion Faces worksheet Pinning down the word that perfectly describes a feeling can be difficult, even for adults. Developing emotional intelligence requires experience and introspection, but a basic vocabulary comes first. We created the Emotion Faces printout to help children match a word and a face with their feelings Anger Management Skill Cards worksheet Teach children to control their anger using these bright and fun anger management skill cards. We suggest practicing each skill in session, and then allowing your client to take home their own set of cards as a reminder These skills are helpful for situations where a client might not be able to control a situation, but they need to manage their own response. Use this DBT worksheet to summarize distress tolerance techniques including radical acceptance, self-soothing with senses, and distraction Emotion regulation skills fall under the category of "change".

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Chapter 3 : Talking with Trees Books for kids that teach good character traits and social skills

*Talking to Children About Responsibility and Control of Emotions Michael Schleifer, Ph.D. and Cynthia Martiny, Ph.D. D
DETSELIG ENTERPRISES LTD Calgary, Alberta, Canada.*

We offer the following examples as a guide to help you continue **SHARE THIS PAGE** Social and emotional intelligence involves understanding your feelings and behaviors, as well as those of others, and applying this knowledge to your interactions and relationships. Self-management is knowing how to control your behaviors and moods, and setting and working toward goals. Social awareness is the ability to understand and respect the perspectives of others, and to apply this knowledge to interactions with people from diverse backgrounds. Having good relationship skills involves knowing how to establish and keep rewarding and positive relationships with friends, family and others from a wide range of backgrounds. Responsible decision-making involves identifying the impact of your choices on yourself and others, and using empathy, relationship skills and self- and social awareness to make decisions. Self-Awareness Accurately identifying your emotions and the causes for them, as well as your strengths and challenges, is being self-aware. Self-awareness is important because when you know yourself and understand your own tendencies you are better-able to manage and express your emotions, form and sustain positive relationships, and make more responsible decisions. Morning Routine Take time to check in with yourself and your mood. Look at yourself in the mirror while you get ready in the morning and reflect on your expression. Think about how often you appear happy, and how your expressions impact your interactions with your child and others. What am I grateful for? How do I want my day to go? At times, simply smiling can change your mood, and smiles are contagious. If you try to smile at your children in the morning, it can help everyone have a positive start to their day. Self-Management Self-management is the ability to control emotions and the behaviors sparked by those emotions. It also involves being able to set and work toward goals. If you can accurately identify your feelings and how they influence your actions, you will be better-able to act on those feelings. Perseverance and resilience are part of self-management because they help you overcome challenges to pursue goals. An example of perseverance could be simply working on a recipe multiple times until it comes out just right, while resilience can involve overcoming financial obstacles to pursue a goal, like taking on an additional job to pick up extra money to go back to school. Everybody has both positive and negative emotions, and the key to self-management is knowing how to regulate and cope with those feelings. Throughout the Day Take a moment to deal with stress. The responsibilities of caring for children and juggling a variety of other daily tasks can become stressful for any parent. One of the first steps to managing feelings of stress is identifying what causes those feelings. You may also want to use this moment to take a deep breath, redirect your negative emotions, and identify what makes you feel empowered and what causes you to get stressed or engage in bad behavior. Social Awareness Social awareness involves having a strong sense of empathy -- or the ability to understand and respect the perspective of others -- and applying it to social interactions with people from diverse backgrounds. A person with strong social awareness is able to recognize the emotions of others, and use this knowledge and understanding to be responsive to their needs. A long-term study conducted at the University of California at Berkeley found that social and emotional abilities were four times more important than IQ in determining professional success and prestige. While commuting home after work or school, take time to reflect on how you approach different social interactions in your life. You can do this by thinking about your day and trying to see certain situations from the perspective of others. For example, if you had a meeting at work and someone disagreed with you, did you pay attention to their feedback and accept their constructive criticism? Or did you become defensive and upset? If the latter is the case, think about other ways you could react more positively. It may also help if you think about the positive attributes and contributions of others. This is especially true for any interactions that you have with your child. Am I providing him with an example of good social behavior? Am I fostering his self-esteem and providing him with positive support and

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encouragement? How do I react when he questions me or wants to talk about his concerns? Taking a moment to consider how you interact with him and others is an important part of nurturing his social skills. It involves communicating effectively with others in a friendly way and being able to work as part of a team. If you are able to foster trust and respect with others, and you are skilled at negotiating and effectively resolving conflicts, disagreements and disputes, you have strong relationship skills. Research suggests that those with strong emotional and social intelligence are more likely to contribute to a positive work environment. Dinner Time Dinner time offers a good opportunity to think about your relationship skills. Take a moment while setting the table, preparing dinner or washing dishes to think about the people and situations you encountered that day. Think about your role and behavior in those relationships. Did you follow through when your teenager broke your rules? By asking yourself these questions, and evaluating your relationship strengths and challenges, you will be gaining a sense of social understanding that can help you be the best role model for your family. Another way to model positive relationship skills is to try to have meals together as often as possible and to use this time to talk to one another and nurture your relationship as a family. Research has found that teens who have frequent family dinners are more likely to be emotionally content, work hard at school, and have high-quality relationships with their parents. Knowing that your family table is a safe place to talk about the good and the bad can nurture your relationship with your child, and it can provide her with an example of what a positive and strong relationship look like. Responsible Decision-Making The ability to make responsible decisions involves identifying and managing emotions, as well as utilizing social awareness and relationship skills. This requires the combination of character, empathy and behavior, and taking responsibility for your actions, behaviors and words. Modeling responsible decision-making can take many forms. Did you put off a vacation to save for a needed appliance? Do you think of other family members when deciding what to do for holidays? Do you take responsibility for your actions? Can others hold you accountable without your becoming defensive, angry, or withdrawn? Bed Time Think about your decision-making strategies. Bedtime is a good opportunity to analyze your decisions of the day, and think about how you reached your conclusions. You may also want to think about important choices you made in the past that involved your child or your family members, and break down the steps that you took to reach that decision. How did you come to those decisions? Did you write a pros and cons list? How did this decision affect you and others? What did you base your decision on? Did you make responsible choices? Talk through your decision-making strategies with your child to show him that everyone has a process when making decisions.

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Chapter 4 : Character Education Worksheets | Talking with Trees Books

Kids who understand their emotions and have the coping skills to deal with them will be confident that they can handle whatever life throws their way. Teach Your Child Simple Feeling Words Teach your preschooler basic feeling words such as happy, mad, sad and scared.

Therapy worksheets related to Emotions for Children Small Talk: Discussion Cards, any game can be turned into a fun therapeutic activity for kids. Each Small Talk card asks a simple question about one of three topics, along with a more challenging "Digging Deeper" question or activity. This packet includes twenty-four cards in the categories of "family", "feelings", and "my world" Printable Emotion Faces worksheet Pinning down the word that perfectly describes a feeling can be difficult, even for adults. Developing emotional intelligence requires experience and introspection, but a basic vocabulary comes first. We created the Emotion Faces printout to help children match a word and a face with their feelings Anger Management Skill Cards worksheet Teach children to control their anger using these bright and fun anger management skill cards. We suggest practicing each skill in session, and then allowing your client to take home their own set of cards as a reminder Anger Warning Signs worksheet Use this worksheet at the beginning of anger management treatment to help educate clients about their physical and behavioral responses to anger. We recommend taking time to help your client identify their earliest warning signs of anger that might be less obvious and more difficult to recognize, so they can cut off aggression before it has an opportunity to take over My Fears worksheet Prompt children to begin a discussion about anxiety and fear using the My Fears anxiety worksheet. This worksheet will give your clients an opportunity to discuss the feelings of fear and anxiety, why they are important, and how they can be harmful. Children are asked to list their fears, describe their thoughts about the anxiety, identify where in their body they sense the feeling, and finally to create a plan for dealing with fear in the future How I Feel worksheet The How I Feel worksheet is a CBT-inspired activity that will encourage children to learn more about their thoughts and feelings, and how to manage them. First, your client will describe their feelings, and consider the consequences of several actions they could take to deal with them. Finally, with your help, they will identify a new and healthy way to manage their emotions Grief Sentence Completion worksheet Help children and adolescents begin to process their grief using the Grief Sentence Completion exercise. Starting a conversation about loss can be difficult for anyone, and this worksheet will allow your clients to begin expressing themselves more easily with the help of prompts. Sentence Completion for Children worksheet Many children have a tough time opening up in therapy, especially during the first few sessions. The Sentence Completion for Children worksheet lists several prompts to help get children engaged in session a few silly questions "My favorite color is List of Emotions worksheet Sometimes, you just need a long List of Emotions. This printout is just that. The 57 emotions listed on this worksheet range from simple e. Wheel of Emotions Children worksheet Children will love the bright colors and pictures that accompany the Wheel of Emotions handout, and the possible uses are endless! We like to use this printout when children have a hard time finding the right word to describe a feeling. It can also be fun to ask children to choose an emotion from the sheet, and to tell a story about that feeling great group icebreaker

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Chapter 5 : A Fun Way To Teach Children to Control Emotions - Foster2Forever

Book review: M. Schleifer and C. Martiny, Talking to Children About Responsibility and Control of Emotions. Calgary: Detselig Enterprises, , ISBN Sarah Kildea University of Plymouth, UK.

We all lose it from time to time or let our feelings get the better of us. And few children manage their difficult emotions—emotions like disappointment, fear, anger, hurt or frustration—very well. What This Looks Like What does that look like? They have temper tantrums, cry, pout, lash out at other people, panic, break things, take their anger out on others, ignore you, refuse to participate, whine, complain, hold a grudge, and spew out negativity. Why is it so hard for kids to learn how to manage their emotions? Their eruptions can dumbfound us and leave us unsure how to be helpful. And of course, from years of trying to calm them down when they were very young, we rush in out of habit. And along the way, you have probably learned that your attempts to help or soothe, even with our best intentions, can backfire and upset them even more. Eli has a strong and reactive sensitivity about his independence. Being unaware of this trigger leaves him vulnerable and gives others the power to make him distressed or angry. He continues blaming others and trying to get them to stop, rather than taking responsibility for his own trigger. Eli is not alone. Most of us have many triggers we are unaware of. We spend our energy angry with people who intentionally or unintentionally push our buttons without recognizing that we have handed them something to push. Here are some other examples. His sensitivities were around issues of approval. Parents can be helpful to their kids by first helping them gain self awareness. That seems like a real button for you. If this is the case, you might ask your spouse or another trusted adult to have this conversation with them. Also, know that you will be more helpful to your children if you work on gaining your own self awareness. Pay close attention to your buttons and work to de-activate them. When you do this, everyone will become calmer as a result. Deactivating the Buttons How do sensitivities get rooted? In other words, how do those buttons get created in the first place? Where do they come from and how can we learn to respond to them better and help our children do the same? Triggers are based on how we are wired, and are also often programmed in early childhood by the ways our parents and families behaved and responded to us. Ask yourself these questions: What are the typical circumstances that set your child off? What sets you off? What are his or her buttons? Are they one and the same? Which categories would you put most of your buttons under? Here are some typical ones:

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Chapter 6 : Emotions & Behavior

But labeling emotions when tempers rage just makes the child feel analyzed, and talking of any kind takes the child out of her heart and into her head, which makes it harder to work through the feelings.

All opinions are mine alone. What makes the Inside Out movie a great tool in parenting is that it gives kids a language to talk about the emotions they are feeling. Getting your children to talk about their emotions can be quite frustrating as a parent. And now that Wal-Mart has the Inside Out plush characters, a parent can use them as puppets to get children talking about their emotions. How can puppets help children talk about their emotions? Puppets create a playful environment. During play, children are more willing to express their feelings. To a child, talking with a puppet can feel safer than speaking with an adult, which can be quite scary. Tips on using puppets to communicate emotions: Have the child choose an Inside Out plush toy of an emotion. Joy, Anger, Sadness, Fear, Disgust The goal is to have the child become the character and talk as the emotion. Begin with helping the child tell a story as the emotion. Did that make you feel better? How do you think that made someone else feel? What else could you do? How would that make you feel? Point out that it is okay to have emotions, even if it feels uncomfortable. Help your child realize that emotions can affect what he does, BUT that he has choices about how to act when having that emotion. At the end of each story, discuss with your child ways to cope with each feeling. Just go to the Toys section of the store But, remember, the emotion of Sadness can show up anywhere unexpectedly!!! Even in the toy aisle!

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Chapter 7 : 6 Ways to Gain Control of Your Emotions - wikiHow

Emotional responsibility includes being accountable for not only our actions and behaviors, but also our thoughts and our feelings. In short, our existence. Throughout our lives, the majority of the time that we are talking to others we are actually talking about ourselves.

Seven-year-old Voula has been up since dawn jumping around excitedly. When Voula gets wound up it can be difficult to keep things under control. They can be quickly taken over by feelings of excitement, frustration, fear or joy. Understanding that all sorts of feelings are normal, that they can be named, and that there are ways of handling them are the first things children need to learn about feelings. Understanding that feelings affect behaviour, and being able to recognise how this happens are important steps for learning to manage feelings.

How parents and carers can help children manage feelings

1. Notice feelings Before we can learn how to control feelings, we first have to notice them. You can help your children notice feelings by noticing them yourself and giving them labels: Giving feelings names helps to make them more manageable for children. Learning to pay attention to how they are feeling helps children understand that they can have emotions without being controlled by them. Children learn these skills best when they hear adults and peers using words to express feelings and when they are encouraged to use words like this too. Learning to name feelings helps children find ways to express them without having to act them out. Create space for talking about difficult feelings Help children to separate a feeling from a difficult reaction by helping them name it. It allows them to choose how they will respond. The same idea works with other difficult feelings like nervousness or fear. Learning to cope with feelings helps children manage their behaviour at school and at home. It helps them learn better, relate to others better and feel better about themselves. Things to remember learning skills for managing feelings takes practise noticing and naming feelings comes first talking about everyday feelings in normal conversations makes it easier when the difficult feelings come up talking about difficult feelings is usually best tried after the feelings have calmed down a bit, and when children, parents and carers are feeling relaxed. Things to try at home Use feeling words when you talk with children about everyday situations: How exciting was that!

Chapter 8 : Emotions Worksheets | Therapist Aid

Add more complicated emotion words to daily talk as children start to understand the basic emotions. Some appropriate examples are "proud," "disappointed," "embarrassed," "surprised," and many others.

Chapter 9 : My Child is Out of Control: How to Teach Kids to Manage Emotions

There are several advantages that children can gain from being able to control their emotions. Some possible advantages are: paying better attention, being more likely to appropriately interact with others, and being less likely to act on impulse.