

5 Steps to Managing Emotions

Activity:

Self-Control of feeling and behavior

Developmental Objectives:

- Visual Arts
- Symbol, Letter, and Print Knowledge in English
 - Literacy
- Letter and Work Knowledge
 - Memorization

Age of children:

Age: 3-4, 4-5, & Kindergarten

Materials Needed:

- ✓ **Book:** *I Was So Mad* by Marcer Mayer
 - ✓ Paper
 - ✓ Paint
 - ✓ Paint brushes

Procedure:

- Read *I Was So Mad* by Marcer Mayer
- After reading about the emotions and feelings continue to explain the different phases and emotions Little Critter showed and ask questions.
- Then do activity by painting child's hand and each finger will show ways to calm down when having emotions and feelings.
- At the same time when the child is painting, count their fingers at loud to introduce number counting.

Resources:

<https://www.thepragmaticparent.com/teach-kids-to-manage-big-emotions/>

