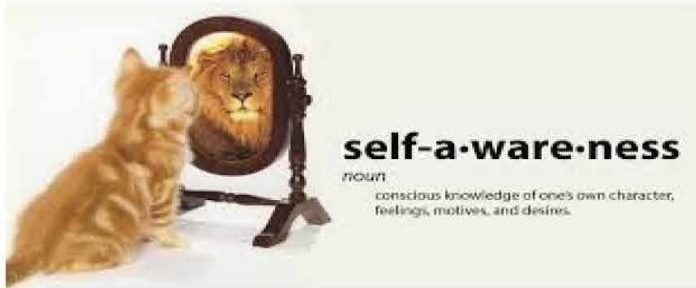


Tuesday Tips Newsletter 09/22/2020

Brought to you by the DUSD School Psychologists
Members of the District Mental Health Team



The skill that will be discussed this week is the “key” of Self-Awareness. Self-Awareness is the ability to recognize and understand your own emotions. When children are able to learn how to recognize all the different ways they might feel it helps them to think about their own thinking, care about what other people think and feel, and know why they choose to do things. It also helps them to step back and see if they made a good decision, check back over their work, and be kind and understanding with their friends. Being able to know and understand your own feelings will help you to become a better person.



To help children understand the cause and effect between external experience and internal emotions, show them how to form an “I” statement: “I feel _____ (insert feeling word) when _____ (share what caused this feeling).” These statements open up the door to honest communication and creative problem solving. Here are some examples of how “I” statements can be used to reframe emotions and clearly articulate feelings.

- I feel mad when my little sister goes into my room without asking me first.

- I feel sad when you go to work and I have a babysitter.
- I feel left out when my friends have a playdate and I can't go.
- I feel peaceful when we color together and I wish we did it more often.

Introduce and Normalize Complex Emotions

Continue to build children’s emotional vocabulary by introducing more complex emotions such as frustration, loneliness, grief, jealousy, anticipation, wonder, gratitude, hope, and peace. When you see them experiencing one of these emotions, share your observation: “It’s been two weeks since your friend moved away. Are you feeling lonely?” Model using specific words to describe your own emotions so that children see that everyone has feelings: “When I sit outside and listen to the birds, it helps me feel peaceful”; or “I felt really frustrated today when I couldn’t find some papers that I needed for work.”



PARENT CORNER

Identifying Feelings

It is very important to teach your child how to identify their own feelings because they would be able to understand why they may be feeling a certain way. The first step in identifying how you are feeling is by taking your emotional temperature.

Ask yourself:

- What feelings am I aware of having? (There are often many.)
- What feeling is the most noticeable? (Try to describe it to yourself. Define broad terms such as “fine” or “okay” to determine what they mean to you.)
- When did I become aware of this feeling?

Once you have identified the feeling, ask yourself:

- What might be triggering this feeling?
- What’s happening (or not happening) in my daily life? (Think about events, thoughts, or dreams that may have occurred that you have no control of. Think of what has happened at home, with your family or friends, or school.)