

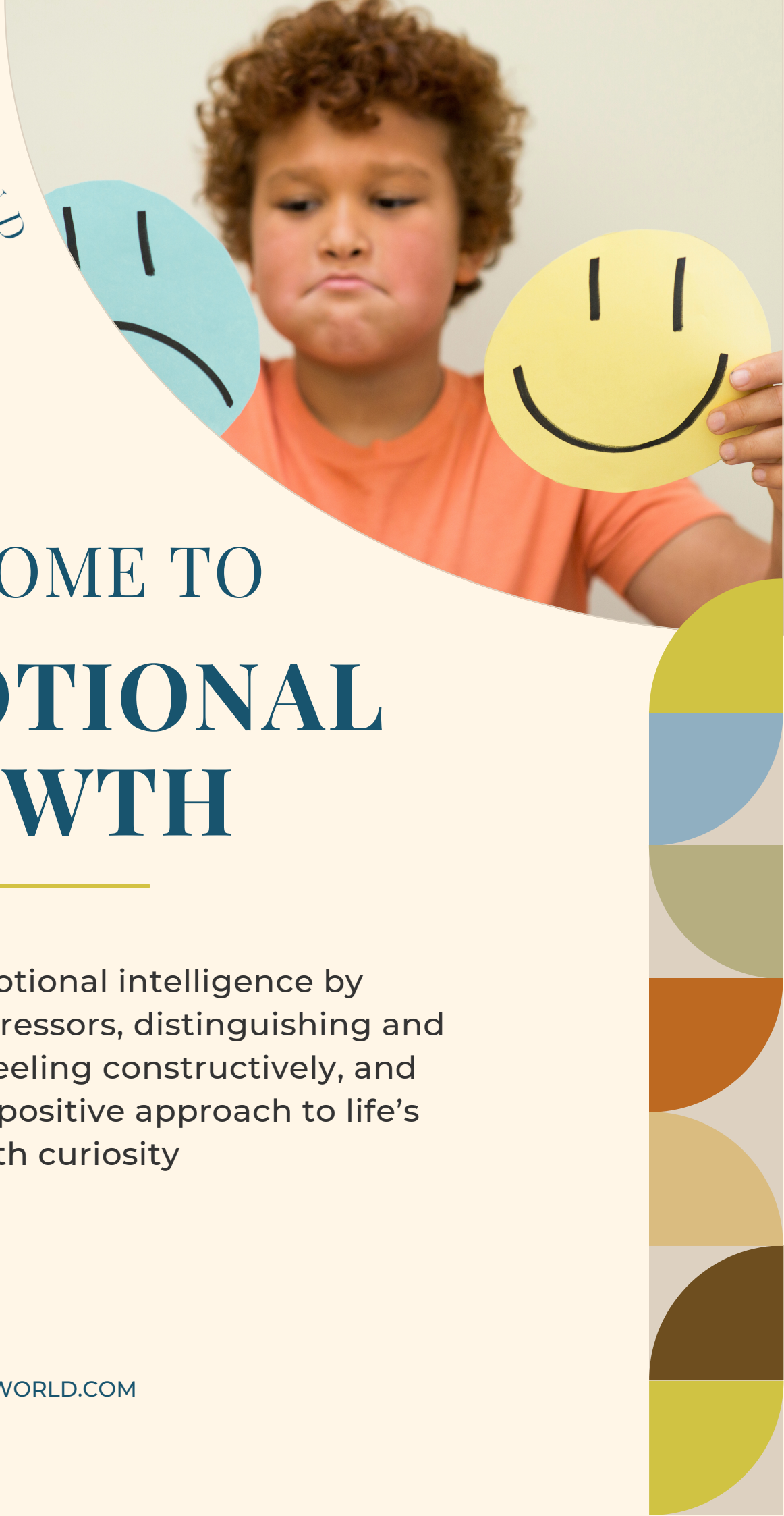


# WELCOME TO EMOTIONAL GROWTH

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Building emotional intelligence by  
managing stressors, distinguishing and  
expressing feeling constructively, and  
practicing a positive approach to life's  
obstacles with curiosity

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# DISCOVERY DAYS

7 Days of Emotional Growth Challenges for Young Learners



## WELLNESS WISDOM:

Be sure to expand beyond happy, sad, and mad when helping children decode feelings. Through consistent practice, learners can get quite good at differentiating feelings, like nervous and anxious, with the grown-up's support.

### DAY 1: EMOTION EXPLORATION

#### Objective:

Develop emotional intelligence and expression through interactive play.

#### Activity:

Create an "Emotion Wheel" by drawing a large circle on a piece of cardboard or thick paper. Then, divide the circle into equal sections, each representing a different emotion. Attach pictures or drawings representing each emotion (e.g., a smiling face for happy, a frowning face for sad). Write the name of each emotion next to its picture. Each child can spin the wheel and act out the emotion it lands on using facial expressions and body language. Encourage the other children to guess the emotion being acted out.

**To-Create the Spinner:** Insert the prongs of a brad fastener through the center of a paperclip (which acts as the spinner) and then through the center of the wheel. Spread the prongs apart on the back side of the wheel to secure the brad and allow the paperclip to spin freely.

#### Healthy Hints:

- "Can you show us what it looks like when you're feeling happy?"
- "What kind of things make you feel angry?"
- "Think about a time when you felt surprised. How did your face look? How did your body feel?"
- Can you remember a time when you felt this emotion? What was happening when you noticed you felt that way?"

#### Nurturing Next Step(s):

- Emotion Journals: Provide each child with a piece of paper or small journal. Encourage them to draw or write about a time they felt each emotion from the wheel.



# DISCOVERY DAYS

7 Days of Emotional Growth Challenges for Young Learners



## DAY 2: FEELINGS CHART

### Objective:

Help children recognize, express, and manage their emotions through a visual and interactive daily chart.

### Activity:

Create a daily "Feelings Chart" using a large piece of paper or poster board and divide it into sections labeling each part of the day (e.g., morning, afternoon, evening). Provide a space in each section for children to place a sticker or draw a face representing their emotion. Have children check in during the designated times and choose a sticker or draw a face that best represents their current emotion.

### Healthy Hints:

- "How are you feeling this morning? Can you find a sticker that shows that feeling?"
- "What happened this afternoon that made you notice you were feeling this way? Can you draw a face to show that emotion?"
- "Let's talk about why you felt sad earlier and what we can do to help you feel better."
- At the end of the day, review the chart to discuss what feelings came up and if necessary, brainstorm positive ways to manage or express them.

### Nurturing Next Step(s):

- **Role-Playing Emotions:** Use the Feelings Chart as a starting point for role-playing exercises. Act out different scenarios that might cause various emotions and practice positive ways to handle those feelings.
- **Emotion Color Coding:** Introduce a color-coding system for the Feelings Chart. Use colored stickers or markers to represent different emotions and help children visually connect colors with feelings. Try using different colors or shapes for different emotions (e.g., red circle for anger, blue square for sadness, yellow triangle for happiness).



# DISCOVERY DAYS

7 Days of Emotional Growth Challenges for Young Learners



## DAY 3: EMOTION STORIES

### Objective:

Help children recognize, understand, and express their emotions through engaging storytelling and discussion.

### Activity:

Read a story where characters experience different emotions. Select a storybook with characters who experience a range of emotions (e.g., "The Way I Feel" by Janan Cain, "Today I Feel Silly" by Jamie Lee Curtis). Ensure the story is age-appropriate and engaging for young learners. Gather the children in a comfortable reading area and begin reading the story, pausing at key moments when characters experience strong emotions. Ask Healthy Hint questions below to encourage discussion about the characters' feelings. After reading each emotional moment in the story, pause to discuss the character's feelings and actions.

### Healthy Hints:

- "How do you think this character feels right now? Why do you think they feel this way?"
- "What would you do if you were in the same situation? How would you feel?"
- "Can you remember a time when you felt like this character? What happened?"

### Nurturing Next Step(s):

- **Emotion Drawing:** Provide paper and crayons for the children to draw a scene from the story that resonated with them. Encourage them to illustrate how the character felt and how they might handle the situation differently.
- **Role-Playing:** Use the story's emotional moments as a starting point for role-playing exercises. Act out different scenarios with the children, practicing positive ways to handle emotions
- **Character Feelings Chart:** Create a chart with the main characters from the story and their corresponding emotions. Use this chart to visually track how the characters' emotions change throughout the story and discuss why these changes occur.



# DISCOVERY DAYS

7 Days of Emotional Growth Challenges for Young Learners



## DAY 4: CURIOSITY ADVENTURE

### Objective:

Foster emotional growth by encouraging curiosity, exploration, and open-mindedness.

### Activity:

Go on a "Curiosity Walk" where children are encouraged to explore their environment and ask questions about what they see. Begin by explaining that they will be going on a walk to explore and discover new things. Emphasize the importance of being curious and open-minded, and relate it back to understanding and expressing emotions. As you walk, encourage the children to look closely at their surroundings, ask questions, and share their observations. Relate their discoveries to their emotions by asking how certain things make them feel, discussing how curiosity can evoke different emotions, and encouraging them to express those feelings.

### Healthy Hints:

- "What do you see around you? Is there anything that looks interesting or unusual?"
- "How do you feel when you discover something new? Does it make you happy, excited, or curious?"
- "Can you find something that makes you feel calm or peaceful? What is it and why does it make you feel that way?"

### Nurturing Next Step(s):

- **Curiosity Circle Time:** After the walk, gather the children in a circle to share their favorite discoveries and the emotions they experienced. Use this time to talk about the value of curiosity in understanding and expressing emotions.
- **Emotion Mapping:** Create a large map of the walking area and have children place stickers or drawings on spots where they felt a particular emotion. Discuss why those spots evoked certain feelings and how being curious helped them understand their emotions better.



# DISCOVERY DAYS

7 Days of Emotional Growth Challenges for Young Learners



## DAY 5: POSITIVE MIRROR TALK

### Objective:

Boost self-esteem, confidence, and emotional well-being by practicing positive self-talk.

### Activity:

Utilize the WonderWords provided in this packet, create a set yourself, or ask learners to brainstorm a list of positive statements. Print or write each positive statement on individual cards. Explain to the children that saying positive words help us feel good about ourselves. Have each child choose a statement that resonates with them. Provide a mirror for the children to use (wall mounted or handheld.) One by one, have each child stand in front of the mirror, hold their chosen positive talk card, and repeat the words out loud while looking at themselves in the mirror. Encourage them to make eye contact with their reflection and say the words with confidence. Tip: Statements beginning with “I am” create the most powerful integration experience for young learners.

### Healthy Hints:

- "Which positive statement makes you feel happy or strong?"
- "How do you feel when you say your words out loud?"
- "Look at yourself in the mirror and see how awesome you are!"

### Nurturing Next Step(s):

- **Positive Products:** Have children create artwork featuring their favorite positive words. Display the artwork in the classroom or at home as a reminder of their positive self-talk.
- **Positive Share Outs:** Encourage children to share their positive words with family members or friends. Discuss how spreading positivity can help others feel good too.



# DISCOVERY DAYS

7 Days of Emotional Growth Challenges for Young Learners



## DAY 6: GRATITUDE GROWTH

### Objective:

Cultivate a sense of gratitude and enhance emotional well-being by recognizing and expressing thankfulness.

### Activity:

Create a "Gratitude Tree" where each child writes or draws something they are thankful for on a leaf cutout and adds it to the tree. Explain the concept of gratitude in simple terms such as "Gratitude is when your heart feels happy because of something good." Recognizing what we are thankful for can make us feel happier and more connected to others. Provide materials for creating the Gratitude Tree, such as a large poster board for the tree trunk and branches, and colored paper for the leaf cutouts. Each child will write or draw something they are thankful for on a leaf cutout and then attach it to the tree. Tip: These trees can be modified in look to reflect the season.

### Healthy Hints:

- "What is something you are thankful for today?"
- "Can you think of a person, place, or thing that makes you feel happy and grateful?"
- "How do you feel when you think about the things you are thankful for?"

### Nurturing Next Step(s):

- **Gratitude Circle:** Make expressing gratitude a regular part of the day by starting or ending with a gratitude circle. Have each child share one thing they are thankful for and explain why.
- **Gratitude Notes:** Encourage children to write or draw thank-you notes to people they appreciate. Discuss how sharing gratitude with others can strengthen relationships and spread happiness.



# DISCOVERY DAYS

7 Days of Emotional Growth Challenges for Young Learners (contin. 3)



## DAY 7: STRESS RELEASE

### Objective:

Help children develop emotional intelligence by learning and practicing simple stress relief techniques to manage feelings of overwhelm.

### Activity:

Explain to the children what stress is and how it can make us feel overwhelmed or upset. Use simple language, such as "Stress is when we feel worried or have too much to think about, and we don't feel good inside." Show the children how to use a stress ball. Explain that squeezing the ball can help them feel better when they are stressed. Give each child a stress ball or a soft toy to squeeze and practice squeezing and releasing together.

### Healthy Hints:

- "Let's take a deep breath together. Breathe in slowly... now breathe out slowly."
- "If you feel upset, you can squeeze your stress ball to help you feel better."
- "Close your eyes and think of a happy place. What do you see? What do you hear?"

### Nurturing Next Step(s):

- **Calm Down Corner:** Create a "Calm Down Corner" in the classroom or home with stress relief tools like stress balls, coloring books, and soft pillows. Encourage children to use the Calm Down Corner whenever they feel overwhelmed.
- **Stress Relief Cards:** Create a set of cards with pictures and instructions for different stress relief techniques. Children can choose a card when they need to calm down and follow the instructions.



# MONTH OF MASTERY

4 weeks of Emotional Growth Challenges for Grown Ups



## WELLNESS WISDOM:

Taking time to be aware and reflect on your emotions is a great gift to yourself. Building an understanding of your current emotional set point is what will allow you to make intentional changes have a profound effect on the children you are modeling for.

### WEEK 1: SELF AWARENESS

#### ● Overarching Goal:

Develop a deeper understanding of your own emotions.

#### ● Task:

Start an emotion journal. Each day, write down the emotions you felt throughout the day, what triggered them, and how you responded. Reflect on patterns and insights at the end of the week.

#### ● Proactive Process:

##### 1. Identify Your Emotions & Recognize Triggers:

- At the end of each day, take a few moments to reflect on the emotions you experienced, and write them down no matter how minor or significant they seemed. For each one, identify what triggered that emotion. Consider the events, interactions, or thoughts that led to the emotional response.

##### 2. Analyze Your Responses & Look for Patterns:

- Reflect on how you responded to each emotion. Note whether your response was constructive or if there were areas for improvement. At the end of the week, review your journal and look for patterns or recurring triggers and responses.

#### ● Personal Reflection:

- What did I learn about my emotions? How can I apply these insights to future situations?



# MONTH OF MASTERY

4 weeks of Emotional Growth Challenges for Grown Ups



## WEEK 2: STRESS MANAGEMENT

### ● Overarching Goal:

Learn and apply effective stress management techniques to recalibrate emotions.

### ● Task:

Implement a daily mindfulness or meditation practice. Start with just 5-10 minutes a day. Use this time to focus on your breathing, acknowledge your thoughts without judgment, and practice being present in the moment. At the end of the week, reflect on any changes in your stress levels and emotional responses.

### ● Proactive Process:

#### 1. Begin Your Practice:

- Each day, set aside 5-10 minutes for your mindfulness practice by finding a quiet, comfortable place where you won't be disturbed. Focus on your breathing, taking slow, deep breaths in and out.

#### 2. Acknowledge Your Thoughts:

- As you breathe, acknowledge any thoughts that arise without judgment. Simply notice your thoughts and then gently bring your focus back to your breath.

#### 3. Practice Being Present:

- Use this time to practice being fully present in the moment. Focus on the sensations of your breath, the sounds around you, or the feeling of your body in the space.

### ● Personal Reflection:

- Reflect on any changes in your stress levels over the week. Consider how your mindfulness or meditation practice affected your overall sense of well-being.
- Think about any changes in your emotional responses throughout the week. Consider whether you felt more calm, centered, or able to handle stress more effectively.



# MONTH OF MASTERY

4 weeks of Emotional Growth Challenges for Grown Ups



## WEEK 3: EMOTIONAL EXPRESSION

### ● Overarching Goal:

Learn and apply effective stress management techniques to recalibrate emotions.

### ● Task:

Implement a daily mindfulness or meditation practice. Start with just 5-10 minutes a day. Use this time to focus on your breathing, acknowledge your thoughts without judgment, and practice being present in the moment. At the end of the week, reflect on any changes in your stress levels and emotional responses.

### ● Proactive Process:

#### 1. Begin Your Practice:

- Each day, set aside 5-10 minutes for your mindfulness practice by finding a quiet, comfortable place where you won't be disturbed. Focus on your breathing, taking slow, deep breaths in and out.

#### 2. Acknowledge Your Thoughts:

- As you breathe, acknowledge any thoughts that arise without judgment. Simply notice your thoughts and then gently bring your focus back to your breath.

#### 3. Practice Being Present:

- Use this time to practice being fully present in the moment. Focus on the sensations of your breath, the sounds around you, or the feeling of your body in the space.

### ● Personal Reflection:

- Reflect on any changes in your stress levels over the week. Consider how your mindfulness or meditation practice affected your overall sense of well-being.
- Think about any changes in your emotional responses throughout the week. Consider whether you felt more calm, centered, or able to handle stress more effectively.



# MONTH OF MASTERY

4 weeks of Emotional Growth Challenges for Grown Ups



## WEEK 4: POSITIVE MINDSET

### ● Overarching Goal:

Cultivate a positive and curious approach to life.

### ● Task:

Engage in a daily gratitude practice. Each day, write down three things you are grateful for and why you are grateful for them. Build this practice into your schedule at the same time each day.

### ● Proactive Process:

#### 1. Daily Gratitude Practice:

- Each day, take a few moments to reflect on and write down three things you are grateful for. Be specific about why you are grateful for each item. Examples: "I am grateful for my friend because they always listen to me," "I am grateful for my health because it allows me to do things I love."

#### 2. Reflect on Daily Practice:

- At the end of each day, review your gratitude entries. Consider how focusing on what you're grateful made you feel and any positive changes in your mindset.

### ● Personal Reflection:

- Reflect on how writing down things you are grateful for each day influenced your overall outlook.
- Consider whether you felt more positive or appreciative throughout the week.
- Think about ways to continue cultivating a positive and curious approach to life.



# WONDERWORDS

Why are they such a powerful tool?



At their core, WonderWords (affirmations) are positive statements that help young learners and grown-ups overcome negative thoughts.

Repeating them often leads to belief, fostering a positive self-image. Research highlights numerous benefits for both children and adults:



## **REWIRES THE BRAIN:**

WonderWords reprogram the brain by shifting focus from negative to positive thoughts, similar to exercising a muscle. This strengthens positive thinking and worldview.



## **DEVELOPS POSITIVE THINKING PATTERNS:**

Early use of WonderWords cultivates a lifelong positive mindset.



## **ENCOURAGES RESILIENCE:**

WonderWords foster a positive attitude toward challenges, building resilience against adversity.



## **IMPROVES MENTAL HEALTH & REDUCES STRESS:**

Regular use of positive WonderWords reduce negative thoughts, lowering anxiety and depression, and promoting a more optimistic outlook.



## **BOOSTS CONFIDENCE & SELF-ESTEEM:**

WonderWords reinforce strengths and talents, boosting confidence. For children, affirmations nurture growing self-esteem and confidence.



# WONDERWORDS

## HOW-TO GUIDE



WonderWords + Movement = Enhanced Effect.

### HERE'S WHY:

→ **Increases Engagement:**

Moving while reciting WonderWords enhances engagement and impact.

→ **Deepens the Connection:**

Movement anchors WonderWords in both body and mind, creating a deeper emotional connection.

→ **Boosts Memory and Recall:**

Physical activity improves brain function, enhancing memory and recall of WonderWords.

### HERE'S HOW:

→ **Stand Tall:**

Stand like your favorite superhero, feel grounded, and imagine growing tall like a tree.

→ **Say Your WonderWords:**

Think of a positive sentence like "I am brave" or "I am loved." Say these powerful words out loud.

→ **Move Your Body:**

Combine movements like jumping, stretching, or spinning with your WonderWords. Feel the joy of moving and speaking.

→ **Use Your Imagination:**

Close your eyes and visualize being brave or happy. Imagine doing amazing things while saying your WonderWords.

→ **Feel the Moment:**

Place your hand on your heart, take a deep breath, and feel the WonderWords strengthening you. Smile, knowing you have superhero strength inside you.



# WONDERWORDS

FOR YOUNG LEARNERS



powerful emotional growth affirmations



## WELLNESS WISDOM:

WonderWords work best when the body moves in a powerful way while reciting them. See the “WonderWords How-To Guide.”



I am calm when I take deep breaths



I am strong in sharing how I feel with words.



I am positive and look for the good in every day.



I am eager to understand my feelings.



I am confident in naming my feelings.



I am peaceful when I use words to solve problems.



I am comfortable and brave talking about my feelings.



# WONDERWORDS

FOR GROWN UPS



powerful emotional growth affirmations



## WELLNESS WISDOM:

WonderWords work best when the body moves in a powerful way while reciting them. See the “WonderWords How-To Guide.”



I am open to feeling and ackNOWLEDGING my emOTIONS.



I am empowered to calm my body and my mind.



I am patient and clear in my response to stress.



I am committed to seeing the positive in every situation.



I am open and respectful in communicating my feelings.



I am confident and express my feelings constructively.



I am attuned to my emotions and understand their messages.



# MINDFUL MOMENT

RAINBOW RELAXATION



## Guided Meditations Crafted for Emotional Growth



### WELLNESS WISDOM:

Mindful Moments are a practice that involves training attention and awareness to achieve a mentally clear and emotionally calm state.

#### Objective:

Help children identify and calm their emotions through a guided meditation that uses colors to represent different feelings.

#### Duration:

5-10 minutes

#### Proactive Process:

##### 1. SET UP:

- "Today, we're going to practice a special exercise to help our brains become relaxed and ready to learn. It's called the 'Rainbow Relaxation' meditation."
- - "Sit or lie down in a comfortable position. Close your eyes if you feel comfortable or just look down at the table or floor."

##### 2. DEEP BREATHING:

- "Take a deep breath in through your nose, and slowly breathe out through your mouth. Let's do this three times together. Inhale... Exhale... Inhale... Exhale... Inhale... Exhale..."

##### 3. Body Relaxation:

- "Now, let's relax our bodies. Imagine your toes are getting soft and relaxed. Now your feet, legs, and all the way up to your belly. Feel your body getting lighter and more relaxed."



# MINDFUL MOMENT

RAINBOW RELAXATION (CONTIN.)



## Guided Meditations Crafted for Emotional Growth

### 4. MINDFUL MOMENT:

- "Think of a beautiful rainbow appearing above you. This rainbow has all the colors: red, orange, yellow, green, blue, and purple."
- "We are going to take a journey through this rainbow, and each color will help us feel calm and happy. Breath in, breath out."
- First, picture the color red. Red is warm and makes us feel strong. Imagine you are wrapped in a cozy red blanket, feeling safe and protected. Breath in, breath out.
- Next, see the color orange. Orange is bright and makes us feel joyful. Picture yourself playing in a field of orange flowers, feeling free and happy. Breath in, breath out.
- Now, imagine the color yellow. Yellow is like the sun, making us feel cheerful and light. See yourself relaxing in the warm yellow sunlight, feeling calm and relaxed. Breath in, breath out.
- Then, think of the color green. Green is peaceful and makes us feel balanced. Imagine you are lying in a soft, green field, feeling at peace with everything around you. Breath in, breath out.
- Next, visualize the color blue. Blue is cool and soothing, like the ocean. Picture yourself floating in gentle blue waters, feeling calm and serene. Breath in, breath out.
- Finally, see the color purple. Purple is magical and makes us feel special. Imagine you are surrounded by a purple glow, feeling loved and cherished. Breath in, breath out."

### 5. CLOSING:

- "When you're ready, slowly wiggle your fingers and toes. Open your eyes and give yourself a big stretch. You did a wonderful job!"



# PICTURE PATH

## FEELINGS FOREST ADVENTURE



### Developing Emotional Growth Through Visualizing



## WELLNESS WISDOM:

Picture Paths are a form of guided imagery where children use their imagination to picture a scenario or place that makes them feel safe, happy, or calm.

### Objective:

To help children explore and express their emotions through a guided visualization that takes them on a calming adventure in a magical forest.

### Duration:

5-10 minutes

### Picture Pathway:

Follow the scripted sequence

#### 1. SET UP:

- "Today, we're going on a special journey in our minds. We're going to visit the Thankful Garden."
- "Sit or lie down in a comfortable position. Close your eyes if you feel comfortable doing so."

#### 2. DEEP BREATHING:

- "Take a deep breath in through your nose, and slowly breathe out through your mouth. Let's do this three times together. Breath in... Breath out... Breath in... Breath out... Breath in... Breath out..."

#### 3. PICTURE PATHWAY:

- "Imagine you are standing at the edge of a magical forest. This forest is full of beautiful trees, flowers, and animals. The air smells fresh and sweet."



# PICTURE PATH

## FEELINGS FOREST ADVENTURE (CONTIN.)



### Developing Imagination Through Visualizing

- "As you walk into the forest, you notice a special path just for you. This path will take you on an adventure to meet your feelings."
- "First, you see a friendly fox. The fox represents your happiness. It jumps and plays, making you feel joyful. You give the fox a big smile and feel the happiness spreading through your body."
- "Next, you see a gentle deer. The deer represents your sadness. It looks at you with kind eyes, and you can feel your sadness too. You give the deer a soft hug, letting yourself feel the sadness and then gently letting it go."
- "As you continue walking, you meet a strong bear. The bear represents your anger. It roars loudly, and you can feel the anger inside you. You take a deep breath and imagine the bear calming down, helping you feel your anger but also finding a way to let it pass."
- "Then, you see a playful squirrel. The squirrel represents your excitement. It jumps from tree to tree, full of energy. You laugh with the squirrel and feel your excitement bubbling up, enjoying the moment."
- "Finally, you come across a wise owl. The owl represents your fear. It watches you quietly from a branch. You feel your fear, but the owl's wise eyes help you understand that it's okay to be afraid sometimes. You take a deep breath and feel brave."

#### 4. CLOSING:

- "As you finish your walk through the forest, you see a beautiful rainbow in the sky. The colors of the rainbow remind you of all the feelings you met today. You take one last deep breath, feeling calm and at peace, knowing that all your feelings are important and that you can handle them."
- Guide the children to slowly wiggle their fingers and toes, take a few more deep breaths, and gently open their eyes when they are ready.





# MINDFUL MOMENTS VS. PICTURE PATHS



## What's the Difference?

Mindful Moments and Picture Paths are both mindfulness practices that benefit children, but they have distinct differences in their approach and focus.

### Common Goals

- **Relaxation:** Both practices aim to help children relax and reduce stress.
- **Focus:** They improve attention and concentration by encouraging kids to focus on a specific element (like the breath or an image).
- **Emotional Regulation:** Both can help children manage their emotions better, promoting a sense of calm and stability.
- **Mindfulness:** They encourage present-moment awareness and mindfulness, helping children become more aware of their thoughts and feelings

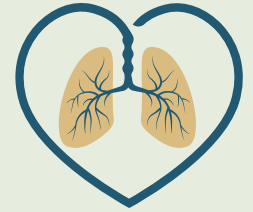
### Key differences

- **Focus:** Mindful Moments focus on present-moment awareness and calming the mind, while Picture Paths focus on creating positive mental images and scenarios.
- **Techniques:** Mindful Moments often involve techniques like breath awareness or mindful listening, whereas Picture Paths involve imagining specific scenes or outcomes.
- **Goals:** Mindful Moments aim to achieve mental clarity and emotional calm, while Picture Paths aim to harness the power of imagination to influence emotions and mindset.



# BREATHWISE

FOR EMOTIONAL GROWTH



## Objective:

To help children find calm through connecting with their emotions..

### 01 STARGAZE BREATH

- **Instructions:**

"Let's pretend we are lying under a night sky filled with stars. Take a deep breath in through the nose, imagining the stars twinkling brighter each time. Hold the breath for a count of 1...2...3. Slowly breath out through the mouth, imagining the stars spreading their light and warmth.

Repeat for 5-7 breaths.

### 02 FEATHER FLOAT BREATH

- **Instructions:**

Give each child a feather or have them imagine holding one.

- "Let's take a deep breath in through your nose and hold the breath for a count of 1...2..."  
Slowly breath out through your mouth, gently blowing the feather to make it float.

Repeat for 5-7 breaths.

### 03 WHALE SONG BREATH

- **Instructions:**

"Let's take a deep breath in through your nose and hold the breath for a count of 1...2.  
Slowly breath out through your mouth, making a soft, long "whooh" sound like a whale singing."

Repeat for 5-7 breaths.

### 04 MOUNTAIN BREATHS

- **Instructions:**

"Sit comfortably and close your eyes. Imagine gentle waves moving through your brain, like the waves of the ocean. Breathe in through your nose as the waves rise, filling your brain with calm energy. Breathe out through your mouth as the waves fall, releasing any stress or tension. Let's repeat 5-10 times, visualizing the brainwaves moving in rhythm with each breath."



## WELLNESS WISDOM:

Be Consistent: Incorporate breathwork into daily routines, such as during transitions, when starting or ending the day, to make it a habit.



# FLOWPLAY

NATURAL MOVEMENT FOR BOOSTING  
EMOTIONAL GROWTH



## → EMOTION STATUES

**Activity:** Play some music and have the children move around the room. When the music stops, call out an emotion (happy, sad, angry, excited, etc.). The children must freeze in a statue pose that represents that emotion.

**Learning Integration:** Helps children express and recognize emotions through movement.

**Benefits:** Promotes emotional awareness, self-expression, and physical development.

## → FEELINGS DANCE

**Activity:** Play different types of music (happy, slow, energetic, etc.). Encourage the children to dance in a way that expresses how the music makes them feel. After each song, ask them to describe their dance and the emotions they experienced.

**Learning Integration:** Helps children release emotions and connect with their feelings through dance.

**Benefits:** Enhances emotional expression, self-awareness, and physical coordination.

## → EMOTION OBSTACLE COURSE

**Activity:** Set up an indoor obstacle course using pillows, chairs, and blankets or other items. At each obstacle, place a card with an emotion picture and an animal picture on it. As children move through the obstacle, they must act out the emotion on each card (e.g., crawl through the tunnel like a sad turtle, jumping over the pillow like a happy frog).

**Learning Integration:** Helps children navigate their emotions through physical activity.

**Benefits:** Enhances emotional awareness, physical coordination, and imaginative play.



# FLOWPLAY

NATURAL MOVEMENT FOR BOOSTING  
EMOTIONAL GROWTH



## → FEELING FACES CHALK ART

**Activity:** Provide each child with a piece of chalk and a section of pavement or sidewalk. Ask them to draw faces that represent different emotions (happy, sad, surprised, etc.). Encourage them to move from face to face, acting out the emotions they drew.

**Learning Integration:** Helps children express their emotions creatively.

**Benefits:** Enhances emotional awareness, creativity, and physical movement.

## → MINDFUL MOVEMENT

**Activity:** Lead the children through a series of slow, mindful movements such as stretching, bending, and twisting. Encourage them to focus on their breath and how their body feels with each movement. Finish with a short relaxation period, asking them to reflect on their emotions and how they feel now.

**Learning Integration:** Promotes calmness and self-awareness through gentle movements.

**Benefits:** Enhances emotional regulation, physical flexibility, and mindfulness.

## → NATURE FEELS

**Activity:** Take the children on a nature walk. At different points during the walk, ask them to stop and notice how they feel. Have them pick up a natural object (a leaf, a stone, a flower) and describe how it makes them feel.

**Learning Integration:** Helps children connect with their emotions and nature.

**Benefits:** Enhances emotional awareness, appreciation for nature, and mindfulness.



# HOW-TO POWER TAP GUIDE



## ➔ WHAT IS POWER TAPPING?

Power Tapping, also known as the Emotional Freedom Technique (EFT), is a self-help method that blends cognitive and exposure therapy techniques with acupressure. By tapping specific points on the face and chest with your fingertips, this practice aims to adjust the body's energy system, providing relief from both psychological and physical symptoms.

## ➔ WHAT ARE THE BENEFITS OF POWER TAPPING?

- **Stress Reduction:** EFT has been shown to lower stress hormones such as cortisol, leading to significant stress relief.
- **Anxiety and Depression:** It can help manage and often reduce symptoms of anxiety and depression by altering the brain's response to stressors.
- **Improvement in Physical Health:** By reducing stress and emotional distress, EFT can also contribute to better physical health outcomes, such as improved immune system response and lower blood pressure.

## ➔ LEARN THE POWER TAP POINTS

1. **Eyeбrow Point:** Just at the beginning of your eyebrow, near the bridge of your nose.
2. **Side of the Eye:** On the bone at the outer corner of the eye.
3. **Under the Eye:** On the bone under your eye, about an inch below your pupil.
4. **Under the Nose:** Between the bottom of your nose and the top of your upper lip.
5. **Chin Point:** Midway between the bottom of your lower lip and the point of your chin.
6. **Collarbone Point:** Just below the hard edge of your collarbone.
7. **Under the Arm:** About four inches below the armpit, usually at the side of the body.
8. **Top of the Head:** Directly on the crown of your head.



# HOW-TO POWER TAP GUIDE

## SCRIPTED POWER TAPPING SEQUENCE



### STEP 1

#### **Think About Something That's Bothering You**

-Maybe you're feeling sad, scared, or have a little pain somewhere.

### STEP 2

#### **How Big is Your Bother?**

- Is it as big as a mountain or as small as a ant? This helps us measure if the bother gets smaller after we Power Tap.

### STEP 3

#### **Power Words**

- Say these power words three times while tapping on the side of your hand (like a gentle karate chop): "Even though I am feeling \_\_\_\_\_, I am moving through my feelings now!"

### STEP 4

#### **Power Tapping Adventure**

- Now, let's go on a power tapping adventure! You can tap lightly with your fingers, like raindrops, on these power spots while saying the Power Words in the chosen Session 1, 2, or 3.

### STEP 5

#### **How Big is the Bother Now?**

-Think about you feel now. Did the bother get smaller? Is it as tiny as an ant now, or maybe it's gone!

### STEP 6

#### **Try Again if You Need**

-If you still feel a bit bothered, we can think about it a little more and see if there's another reason it's sticking around. Sometimes bothers need more time to float away. We can do our Power Tapping adventure again and try again!



# POWER TAPS

FOR RELEASING EMOTIONAL STRESS FOR  
EMOTIONAL GROWTH



## Objective:

To promote emotional growth & boost confidence.

## Power Starter:

Even though I am feeling\_\_\_\_, "I am\_\_\_\_\_"

## 01 I AM CONFIDENT

### Power Tap Sequence:

1. Eyebrow: "I am proud of who I am."
2. Side of the Eye: "I believe in myself."
3. Under the Eye: "I am confident and strong."
4. Under the Nose: "I am valuable and important."
5. Chin: "I am worthy of love and respect."
6. Collarbone: "I am special and unique."
7. Under the Arm: "I am enough just as I am."
8. Top of the Head: "I love and accept myself completely."



# POWER TAPS

FOR RELEASING EMOTIONAL STRESS FOR  
EMOTIONAL GROWTH



## 02 I CAN SHARE MY FEELINGS

**Power Tap Sequence:**

1. Eyebrow: "It's safe to feel all my emotions."
2. Side of the Eye: "I can show my feelings."
3. Under the Eye: "It's okay to talk about my emotions."
4. Under the Nose: "I am honest about how I feel."
5. Chin: "I am comfortable sharing my feelings."
6. Collarbone: "I am sure about myself."
7. Under the Arm: "My feelings are important."
8. Top of the Head: "I name my emotions easily."

## 03 I AM OPTIMISTIC

**Power Tap Sequence:**

1. Eyebrow: "I am filled with positive thoughts."
2. Side of the Eye: "I see the good in every day."
3. Under the Eye: "I am grateful for all that I have."
4. Under the Nose: "I am surrounded by positivity."
5. Chin: "I choose to be happy and optimistic."
6. Collarbone: "I focus on the bright side of things."
7. Under the Arm: "I am capable of finding joy in little things."
8. Top of the Head: "I spread positivity wherever I go."

WANT TO LEARN MORE ABOUT POWER TAPPING? CHECK OUT THE  
"HOW-TO POWER TAP GUIDE" INCLUDED IN YOUR PACKET



# FOCUS FOODS

EMOTIONAL GROWTH FOOD EXPERIENCE



## FRUIT AND VEGGIE FACES

### Objective:

Help learners express emotions through creative food preparation.

### Materials:

A variety of cut fruits and vegetables (e.g., grapes, apple slices, carrot sticks, cucumber slices).

### Activity:

**Step 1:** Lay out the fruits and vegetables and let the children choose what to include in their faces.

**Step 2:** Encourage them to create faces on their plates using the fruits and vegetables to represent different emotions (happy, sad, surprised).

**Step 3:** Enjoy the fruit and veggie faces together.

### Discussion:

How different foods help our bodies and minds. Talk about how creating different faces made them feel and the emotions they represented.

## MINDFUL EATING EXERCISE

### Objective:

Teach children to eat mindfully and recognize their body's hunger and fullness cues.

### Materials:

A small piece of food, such as a raisin or a slice of apple.

### Activity:

**Step 1:** Provide each child with a small piece of food

**Step 2:** Guide children through a mindful eating exercise. Ask them to: Look at the food: Notice its color, shape, and texture. Smell the food: Observe the aroma and how it makes them feel. Touch the food: Feel the texture and temperature. Taste the food: Take a small bite, chew slowly, and notice the flavors and sensations in their mouth.

**Step 3:** Discuss the experience together. Ask the children how paying attention to the eating process made them feel.



# FOCUS FOODS

EMOTIONAL GROWTH FOOD-FREE EXPERIENCE



## FOOD EMOTION CARDS

### Objective:

Help children connect emotions with different types of food and practice expressing feelings

### Materials:

Cards with pictures of different healthy foods (e.g., apples, carrots, beans) and cards with different emotions (happy, sad, angry).

### Activity:

**Step 1:** Create and lay out the food and emotion cards.

**Step 2:** Have children match the food cards with the emotion cards based on how the food makes them feel.

**Step 3:** Discuss why they chose each pairing and how certain foods make them feel in different situations.

## MINDFUL IMAGINARY PICNIC

### Objective:

Practice mindful eating and positive thinking without using real food.

### Materials:

None required.

### Activity:

**Step 1:** Ask the children to close their eyes and imagine they are at a picnic with their favorite foods.

**Step 2:** Guide mindfulness exercise: "Let's take a deep breath in and slowly breathe out through your mouth. Imagine picking up your favorite food from the picnic basket, maybe a juicy apple or a yummy grape. Hold the food in your hand and look at it closely. Notice its color and shape. Bring the food to your nose and take a little sniff. What does it smell like? Now, take a small bite. Is it crunchy, soft, or chewy in your mouth? Chew slowly and really taste the flavors. How does it taste? Sweet, salty, or sour? Swallow the food and notice how it makes you feel."



# PEACEFUL PAUSE

RESTORATIVE REST FOR EMOTIONAL GROWTH



## Objective:

Enhance emotional regulation and relaxation purposeful pauses

### 01 EMOTION CLOUDS

#### Duration:

3-5 minutes

#### Activity:

**Step 1:** Have the children lie down and close their eyes.

**Step 2:** Guide them through a visualization exercise:

"Imagine you are lying on the grass, looking up at the sky. You see fluffy clouds floating by. Each cloud has a different feeling. See a happy cloud and notice how it makes you smile. Now, see a sad cloud and let it float by. Next, see an angry cloud and watch it drift away. Finally, see a calm cloud and feel its peacefulness."

#### Discussion:

Talk about how visualizing emotions as clouds can help them understand and let go of their feelings. Encourage them to share which clouds they saw and how it made them feel.

### 02 PEACEFUL FIELD

#### Duration:

3-5 minutes

#### Activity:

**Step 1:** Have the children lie down and close their eyes.

**Step 2:** Guide them through a relaxation exercise:

"Imagine you are lying in a peaceful field. The sun is shining, and you feel warm and safe. Hear the gentle rustle of the grass and the soft chirping of birds. Feel your toes relax into the soft grass. Now, your legs are relaxing, feeling heavy and warm. Next, your tummy and chest relax. Your arms feel soft and relaxed. Finally, your head and face relax into the ground. You are completely relaxed, like a warm, sunny day."

#### Discussion:

Talk about how relaxing muscles can help us feel calm and ready.



## WELLNESS WISDOM:

We all need moments of rest in the day. Young Learners need our support in gearing down from a more active to a more restful state. That's why we've included Peaceful Pauses!

