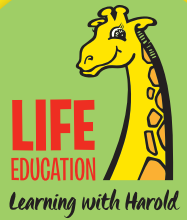


MANAGING SELF



FINDING CALM

Managing our different feelings

Ella had a tricky morning. Her little brother had been crying late at night and she hadn't had much sleep.

When she got to school it was hard to listen to what the teacher said.

In maths, Ella tried really hard to count using counters but she kept forgetting her numbers.

After a while she pushed her work away and crossed her arms.

She was breathing fast and felt like she wanted to cry.



Ella is feeling tired.

What has made her feel tired?

Ella is feeling frustrated. Frustration is a feeling we might get when something is not happening the way we want or expect.

What is making Ella frustrated?

EXPLORE!

1. Here are some pictures of people with different feelings.

What could they be feeling?

What could they do to help themselves feel calm?



2. What are some things you like to do to help you feel calm or happy?

Do you have a favourite game or some happy thoughts to share?

3. Share some things that frustrate you.

Ask a buddy if they have any ideas to help you feel calm.

Image via (<https://www.theodysseyonline.com/news-flash-scared>)
Image via (<http://centerforparentingeducation.org/library-of-articles/child-development/understanding-temperament-quality-of-mood>)
Image via (<http://www.improve-your-child.com/how-to-improve-the-way-your-child-manages-anger/>)

For more great activities, visit www.lifeeducation.org.nz

Learning with Harold

