

# 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. E ngenge ana ia.

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. "Tahi, rua... um ... rima?" 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.



Kei te ngenge a Ella.

What has made Ella feel tired?

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

What is making Ella frustrated?

#### Te reo Māori:

- Ngenge - tired
- Kua riri - frustrated

Image via ([www.focusonthefamily.com/parenting/your-childs-emotions/when-children-become-angry/uncovering-the-pain-behind-your-childs-anger](http://www.focusonthefamily.com/parenting/your-childs-emotions/when-children-become-angry/uncovering-the-pain-behind-your-childs-anger))

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

Kei te pehea ia?

What could they do to help themselves feel marino?



2. What are some things you like to do to help you feel marino or koa?

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 marino.

#### Te reo Māori:

- Kei te pehea ia? -What are they feeling?
- Marino - calm
- Koa - happy

Image via (<https://www.theodysseyonline.com/news-flash-scared>)

Image via ([centerforparentingeducation.org/library-of-articles/child-development/understanding-temperament-quality-of-mood](https://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/>)

This resource has been kindly reviewed by:

**Anxiety NZ**  
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For more great activities, visit [www.lifeeducation.org.nz](http://www.lifeeducation.org.nz)

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