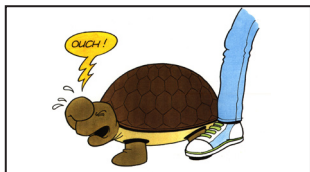
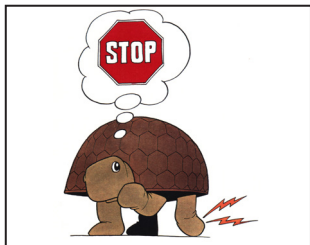


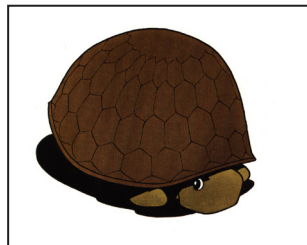
# Tiny Turtle's Secret for Calming Down



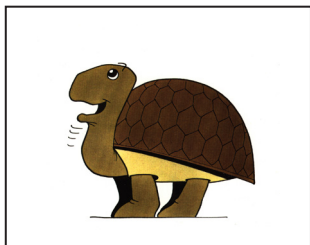
**Step #1:**  
Encourage children to name the upset feeling



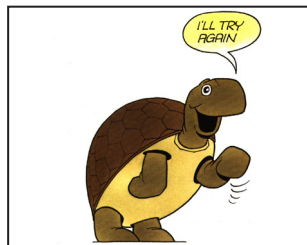
**Step #2:**  
Prompt children to say, "Stop."



**Step #4:**  
Coach children to go in their imaginary shells.



**Step #3:**  
Ask children to take 3 deep breaths and say, "I can calm down."



**Step #5:**  
When calm, encourage children to "try again" with a solution

# Dinosaur Hints to Promote Emotional Literacy



- **Use “emotion coaching” with children.**

- Label happy, sad, excited, frustrated, and proud feelings.
- Focus on more positive than negative feelings.
- “You look proud that you read that page.”

- **Share your own feelings with children.**

- “I am pleased about how well you did that project.”
- “I am enjoying playing with you.”

- **Model your own positive coping thoughts.**

- “I am frustrated, but I can calm down.”
- “I can be patient, it just takes practice to learn.”

- **Praise children when they successfully manage negative feelings.**

- “You are really staying calm, even though you are disappointed you didn’t get a turn.”
- “That is really frustrating, but you are patient and keep working hard to try different ideas.”



HAPPY



SAD



EXCITED



EMBARRASSED

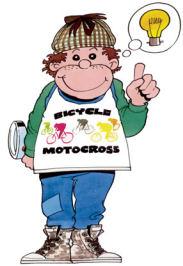
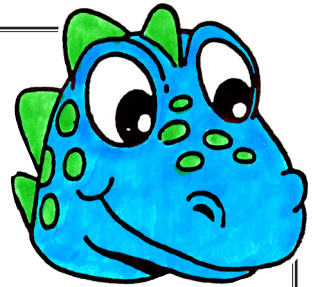


LOVE



AFRAID

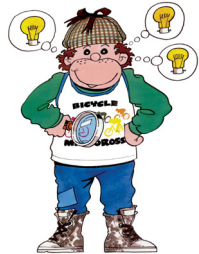
# Dina Dinosaur's Problem-Solving Tips



**Step #1:** Help children recognize problem feelings.  
"You look (frustrated, angry, sad, embarrassed) about ..."

**Step #2:** Help children define the problem.  
"My problem is I want to play with that boy's car."

**Step #3:** Encourage children to think of as many solutions as possible.  
Praise their efforts and avoid being critical of children's suggestions  
Make your own suggestions if children are stuck



**Step #4:** Pick a fair and safe solution to try.  
For example; wait, share, take turns, try again,  
trade, walk away, ignore, get help from an adult,  
find something else to do.

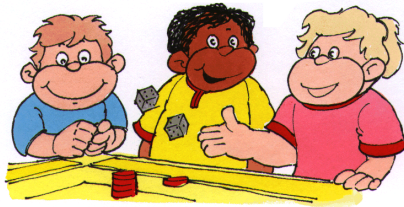
**Step #5:** See if the solution worked. If not, try again!

**Note: If your child is very angry, use Tiny Turtle's secret to calm down before you try to solve the problem.**



# Molly's Tips for Encouraging Friendships

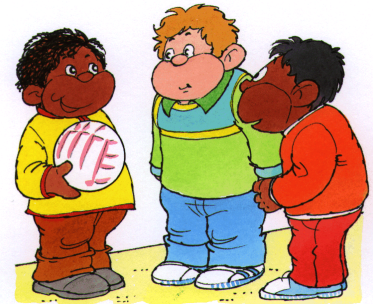
- Set up play dates for your children and consult with your child's teachers about good peer matches
- Provide cooperative, unstructured play activities and use social and emotional coaching while children play
- Praise children playing together for being friendly, helping each other, sharing, accepting a suggestion, and waiting their turn
- Model friendly behaviors for your child such as asking politely to play or for a turn, waiting, asking for help and giving a compliment
- Participate in pretend and make-believe play by using puppets of dolls
- Laugh and have fun



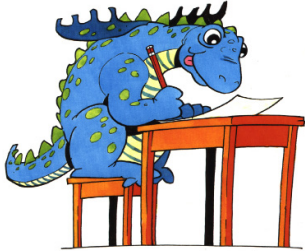
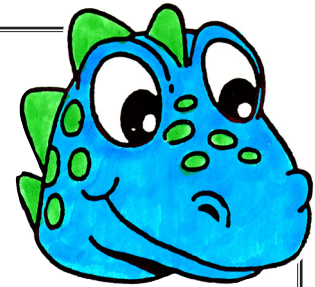
# Molly's Tips for Social Coaching



- "That's so friendly. You are sharing your blocks with your friend and waiting your turn."
- "You listened to your friend's request and followed his suggestions. That is very friendly."
- "You waited and asked first to use that. Your friend listened to you and shared."
- "You are good team players. You are helping each other to make that tower."
- "That is frustrating but you are both staying calm and working hard. Together I think you can figure how this puzzle goes together."



# Dina's Tips for Academic and Persistence Coaching



- "You are working so hard on that puzzle and thinking carefully where that piece goes."
- "You are so patient and just keep trying to solve that problem. I think you will find a great solution."
- "You figured that out all by yourself. You were really thinking well."
- "You are really concentrating and taking your time with that project."
- "I see you are carefully organizing everything before you start working. That is a good thinking strategy and good planning."
- "Wow, that is difficult. You are staying so calm and just keep persisting. I'm sure you can figure that out."

