



Hello Sesame Strong Family,

Here is your Sesame Strong Playlist for **Session 6: Managing My Feelings**.

This Session's Big Idea:

Showing kids how to manage big feelings helps them deal with challenges and hard emotions.

Me Time



Recognizing and Expressing Big Feelings

Challenging behavior often happens when children can't figure out how to express big feelings.

You can help your child recognize and express big feelings in positive ways. As you read, underline tips or points that you'd like to remember.

<https://sesamestreetincommunities.org/activities/recognizing-expressing-big-feelings/>

Together Time



EXPLORE TOGETHER

Handling Angry Feelings

Learning to name emotions can help children cope with them.

Watch together and take turns choosing an emotion and showing it on your face.

<https://sesamestreetincommunities.org/activities/handling-angry-feelings/>



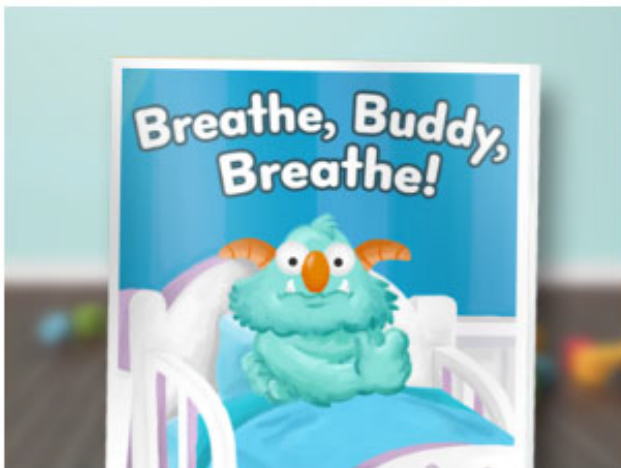
EXPLORE TOGETHER

Teaching Belly Breathing

The reason behind a tantrum can seem small to grown-ups, but to little ones, they are a big deal! Use this calming strategy to help before, during, or after a tantrum.

Practice along with Elmo so you're ready when a tantrum happens.

<https://sesamestreetincommunities.org/activities/teaching-belly-breathing/>



READ TOGETHER

Breathe, Buddy, Breathe

This plan can help children think through a solution when big feelings happen.

Click through the story together. How can you tell when you're having a big feeling? Let's try Buddy's plan next time.

<https://sesamestreetincommunities.org/activities/breathe-buddy-breathe/>



PLAY TOGETHER

Breathe, Think, Do

Practicing strategies when children are calm gives them tools to use when they're not.

Laugh and learn together as you help a Sesame Street friend calm down and solve everyday challenges.

<https://sesamestreetincommunities.org/activities/breathe-think-do/>



PLAY TOGETHER

Elmo Says

Physical movement is a helpful way to work through big feelings and everyday stress.

Play this game together. Then, keep the physical activity going with a walk outside or a family dance party!

<https://sesamestreetincommunities.org/activities/elmo-says/>

FRIENDLY REMINDER

Please bring your Family Review Coloring Page to the next session. We'd like to know what you think of these materials. Thank you!



Recognizing & Expressing Big Feelings

Here are some ways to help your child recognize and express big feelings:

- Books can be especially good for helping kids learn emotions (though you'll want to try this strategy when kids aren't mid-tantrum)! While reading, point out and name different feelings. You can say, "That boy is really angry. Grrr!" Or, "It's so frustrating when you're trying to tie your shoelaces and you can't quite get it." Or, "That girl is disappointed that the rain ruined her family's picnic."
- Remind kids to use words to express themselves. Rather than throwing something, encourage them to say, "I'm mad," or "Can you please help me?" Labeling feelings is a step toward greater maturity and self-control.
- Offer empathy. Sometimes all that's needed is for kids to know they're being heard. For example: "I can see that you're feeling sad," or "It's hard to wait your turn, isn't it?" It's also a good way to model using words, not actions, to express difficult emotions.
- When the strongest feelings are gone, help kids move on. Encourage them to take a few deep breaths or do a big whole-body stretch. Then suggest a new activity. Sometimes a bit of humor helps, too. Being able to move on—resilience—is a key life skill that you'll be helping kids develop.














Elmo Says Elmo dice

























When we're worried or upset, moving our bodies can help us feel better. Close your eyes, count to three and put your finger down somewhere on the paper. Open your eyes to see what you are pointing to. Then do that movement!

Cuando nos sentimos preocupados o molestos, mover nuestro cuerpo puede ayudarnos a sentirnos mejor. Cierra los ojos, cuenta hasta 3 y coloca tu dedo en algún lugar sobre el papel. Abre los ojos para ver cuál movimiento estás señalando. ¡Haz ese movimiento y nota cómo te hace sentir!

<p>UP HIGH... TRY TO TOUCH THE SKY!</p> <p>ESTÍRATE ALTO HACIA ARRIBA. ¡INTENTA TOCAR EL CIELO!</p> 	 <p>STOMP! STOMP! STOMP!</p> <p>PISA FUERTE, ¡FUERTE!</p>	<p>WIGGLE LIKE SLIMEY!</p> <p>¡MENÉATE COMO SLIMEY!</p> 
 <p>SHAKE, SHAKE, SHAKE YOUR SILLIES OUT</p> <p>¡SACUDE, SACUDE, SACÚDELO TODO!</p>	<p>DANCE FAST!</p> <p>¡BAILA RÁPIDO!</p> 	<p>PRETEND TO PLAY YOUR FAVORITE SPORT!</p> <p>¡IMAGINA QUE JUEGAS TU DEPORTE FAVORITO!</p> 
<p>KICK YOUR LEGS!</p> <p>¡PATEA!</p> 	<p>DANCE LIKE JUMPING BEANS!</p> <p>¡BAILA COMO HABICHUELAS SALTARINAS!</p> 	<p>FLY LIKE A BIRD!</p> <p>¡VUELA COMO UN AVE!</p> 

Our Family Review: Session 6, Managing My Feelings

What did you think of this session's materials?

	Thumbs up	Thumbs Down	Two Thumbs Up	Haven't Tried Yet
Parent Reading: Recognizing & Expressing Big Feelings				
Video: Handling Angry Feelings				
Video: Belly Breathe				
Video: Breathe, Buddy, Breathe (Digital)				
Book: Breathe, Think, Do				
Activity: Elmo Says				

Our FAVORITE Sesame Strong resource this session was:

Because... _____

Our LEAST FAVORITE Sesame Strong resource this session was:

Because... _____

