




“Managing My Feelings” Mini-Session

- **Start with a Mindfulness Moment.**
- **Collect Session 5 Family Review:** How did the Sesame Strong activities go last session? What was your favorite resource? Any challenges? Questions?
- **Share this Session’s Big Idea (the “why”):** Showing children how to manage big feelings helps them deal with challenges and hard emotions.



Strategy Spotlight (the “how”): Belly breathing.

- **Review this session’s resources:**

	Play List		Main Message	Co-Engage Tip
ME TIME	Parent Reading	Recognizing and Expressing Big Feelings (article)	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.
TOGETHER TIME	Explore Together	Handling Angry Feelings (video)	Learning to name emotions can help children cope with them.	Watch together and take turns choosing an emotion and showing it on your face.
		Belly Breathe (video) 	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.
	Read Together	Breathe, Buddy, Breathe (digital)	This plan can help children think through a solution when big feelings happen.	Cuddle up and read through the story together. How does Alan help Big Bird feel calmer?
	Play Together	Breathe, Think, Do (digital game)	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..
	Play Together	Elmo Says (activity)	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!

FRIENDLY REMINDERS:

Questions are always welcome. Share with parents the best way to contact you with questions. Review the date/time for your next mini-session and remind families to bring in their review. Thank parents for their partnership and participation.

