



# Feeling Buddies®: Helping Children Name & Tame Their Feelings

Audience: Grades K-2

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## D.N.A.: Supporting Children During Upset Moments

**A = Acknowledge** intent, desire or feeling message.

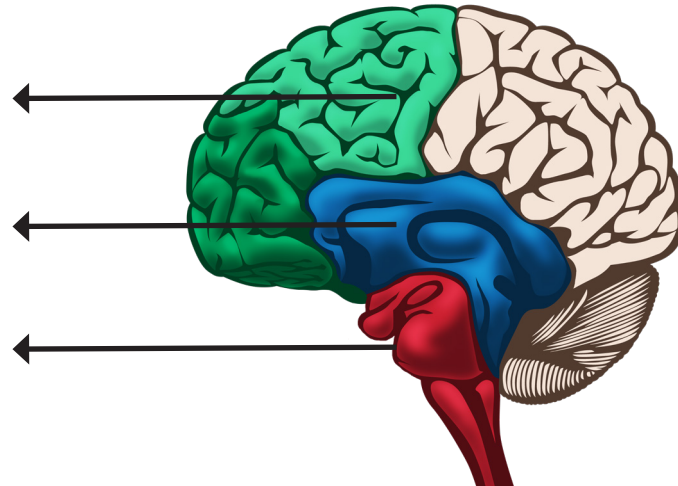
"You wanted \_\_\_\_\_." or  
"You were hoping \_\_\_\_\_."

**N = Name** the feeling.

"You seem angry."

**D = Describe** the child's body movement and facial expression.

"Your hands are going like this."  
"Your face looks like this."



## The Safe Place™

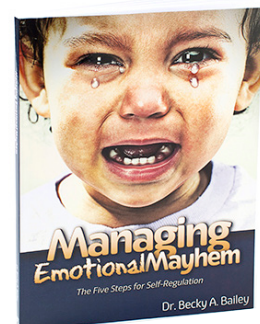
The Safe Place is the self-regulation center where children practice changing their internal state from upset to calm in order to maximize their learning potential.

Children will not utilize a Safe Place until they have a Safekeeper.



## Before You Open The Safe Place™

- Read *Managing Emotional Mayhem* by Dr. Becky Bailey.
- Create authentic connections (Before a child can use The Safe Place they must have "A Person").
- Teach how to Belly Breathe.
- Teach the Five Steps to Self-Regulation during teaching time; not during time of upset.
- Follow the 6 week plan as outlined.

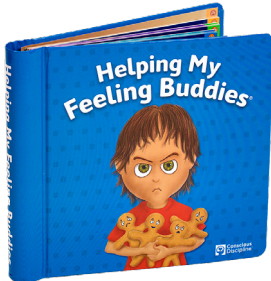




## Five Steps to Self-Regulation: Teaching 1 per Week

### WEEK 1: Step 1 - **I Am** **SAFE PLACE**

#### Getting Started by Bringing Feelings into Awareness



The book *Helping My Feeling Buddies* is a great way to introduce the Feeling Buddies® to your students. We read one section each day the first week, to spark the discussion of our feelings and their messages with the class.

**NOTE: Use D.N.A. Process to help them notice their feelings.**



Ideas for implementation into my classroom:

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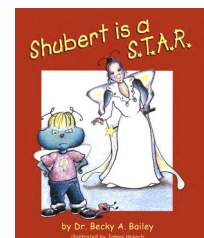
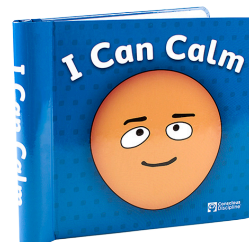
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### WEEK 2: Step 2 - **I Calm**

Introduce the class to Belly Breathing with the breathing icons available at the Conscious Discipline website under free resources at: [ConsciousDiscipline.com/resources/safe-place-breathing-icons](https://consciousdiscipline.com/resources/safe-place-breathing-icons).

**Some other tools that will be helpful in teaching I Calm this week are:**

- *I Can Calm* book
- *Shubert is a S.T.A.R.* book
- Songs: *The S.T.A.R. Song*, *Calm Your Brain*, *Choose to be a S.T.A.R.*, *I Am Calm*, *I Have a Choice*
- Class made breathing books



Ideas for implementation into my classroom:

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## WEEK 3: Step 3 - I Feel

This is the perfect time to enter into the *Feeling Buddies Curriculum*. Children need assistance in naming and taming their feelings and the curriculum is a step-by-step guide of how to do just that!

### Feeling Buddies®: Self-Regulation Curriculum

(NOTE: Weeks 1–2 are devoted to connection and attuned interactions.)

Weeks 3–5: Unit 1: Meet the Buddies

Weeks 6–8: Unit 2: I Am: Acting Out My Emotions

Weeks 9–11: Unit 3: I Calm Myself

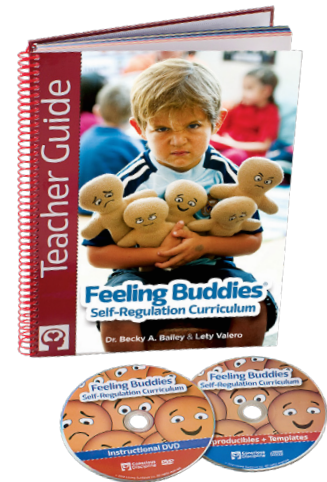
Weeks 12–14: Unit 4: I Feel

Weeks 15–17: Unit 5: I Choose

Weeks 18–20: Unit 6: I Solve

Weeks 21–23: Unit 7: Our School Family\*

*Timeline is based on 2 to 3 lessons per week.*



#### Ideas for implementation into my classroom:

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\* Unit 7 is the final lesson. Continue to build and strengthen your School Family and practice the 5 Steps for the remainder of the year.

## WEEK 4: Step 4 - I Choose



During Week 4 you will teach I Choose strategies that will help move the children from the lower centers of their brain to the higher centers.

#### Some resources that will be helpful for you this week are:

- I Choose Self-Control Board
- Choices displayed through visuals
- What would help me feel better in my body  
(visit: [ConsciousDiscipline.com/free-resources](http://ConsciousDiscipline.com/free-resources))
- Calming materials in Safe Place as listed in implementation plan on page 4.

#### Ideas for implementation into my classroom:

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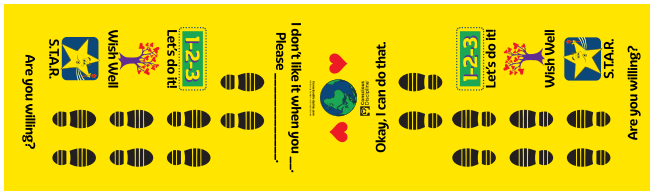


## WEEK 5: Step 5 - **I Solve**



**Final Step! Now's the time to come up with solutions such as:**

- If the child was upset about cleaning up, then it would be time to return and clean up the mess.
- If the child was missing his family, then a solution might be drawing a picture for them, looking at the Friends and Family book, or making a card.
- If the child was frustrated with a math problem, then help might be needed when they return to the project.
- If the child has a conflict with a friend, use the Conflict Resolution Time Machine.



*Coming up with scenarios and practicing in play is the best way to teach solutions.*

**Ideas for implementation into my classroom:**

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## WEEK 6: Step 6 - Practice 5 Steps and Open The Safe Place™

You did it! Connections have been made! Breathing has been taught! Feelings are being discovered! You've practiced in play! Your students are now ready to use the Safe Place with the help of a composed adult!



### Safe Place™ Implementation Plan

**I will place my Safe Place in this area of the classroom:**

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**List of materials may include:**

- Mirror
- Fidgets, calming bottles
- Lotion ("Cranky Cream")
- Friends and Family Book
- Journal and pencils/crayons
- Sentence strips
- Student-made books
- Conflict Resolution Time Machine (I Solve)

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## My Plan for the First Six Weeks

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