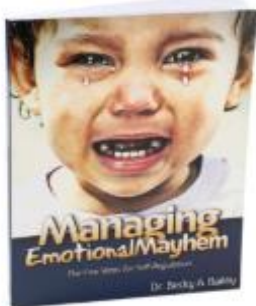


Feeling Buddies: Helping Children Name & Tame Their Feelings

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The Feeling Buddies Curriculum is designed to teach children a five-step self-regulation process that helps them recognize their triggers, name their feelings, and manage emotions. Feeling Buddies teaches adults and children how to separate becoming their emotions from feeling their emotions.



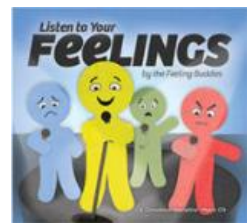
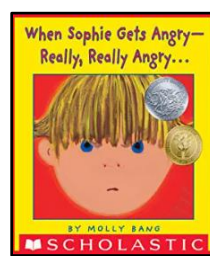
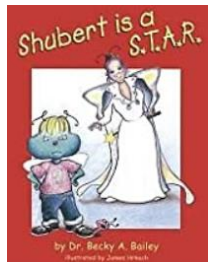
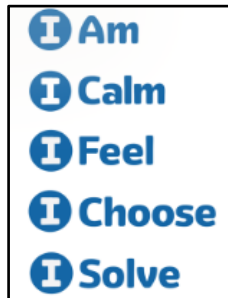
Suggestion: Teach the five-steps of self-regulation process the first 5 weeks (one step per week).
Safe Place "Grand Opening" on week 6.

Five Steps to Self-Regulation		
Step 1: I Am	Child is triggered into a state of upset. Emotions biochemically overtake them and they become them. "I am angry."	
Step 2: I Calm	Children need assistance in turning off the stress response in their bodies and calming down their physiology. Begin to move from "I am angry" to "I feel angry."	
Step 3: I Feel	Children need assistance in naming and taming the feelings that have overwhelmed them. Once you can name a feeling and become conscious of it, you are automatically better able to manage it.	
Step 4: I Choose	Children need assistance in choosing strategies that will help them move from the lower centers of their brain to the higher centers of their brain in order to get back to classroom activities/work.	
Step 5: I Solve	Something triggered the child into a state of upset. Whatever happened needs some type of solution.	

Week 1

Step 1 - **I Am**

- I am triggered into a state of upset by a person, event, or situation that generates an emotion.
- The Safe Place is a learning center for emotional control and a structure to learn and practice 5 steps for self-regulation.
- Use mentor texts to body language, facial expressions, and tone of character to name feelings. Use D.N.A. process with characters.

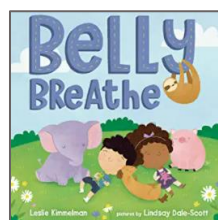
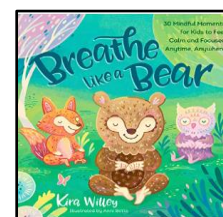
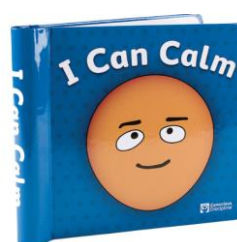


Week 2

Step 2 - **I Calm**



- I calm by shutting off my stress response with 3 deep belly breaths.
- The goal of "I calm" is to help children create a pause.

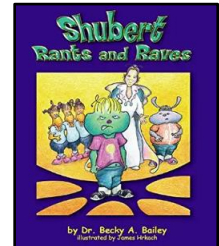
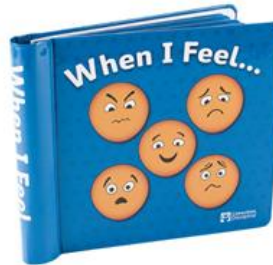


Week 3

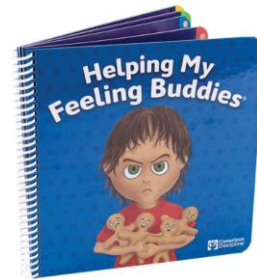
Step 3 - I Feel



- I feel _____. Name the feeling. Move from “I am angry” to “I feel angry”.
- (Start the Feeling Buddies Curriculum week 2 or week 3) The Feeling Buddies Curriculum provides inner speech to the child.



Hello _____ (name of buddy). Welcome _____ (name of buddy).
Your eyes are going like this.... Your mouth is going like this ...
You seem ____ (name of feeling).
Breathe with me. You're safe. You can handle this.

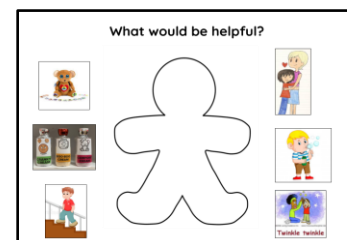
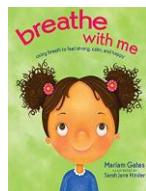
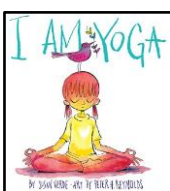


Week 4

Step 4 - I Choose



- I Choose helps move children from the lower centers of the brain to the higher centers. It is important for children to engage in thinking before returning to class.
- Most of the “I Choose to Think” strategies will have been taught your first few weeks during your Brain Smart Start and Building Your School Family rituals and structures.



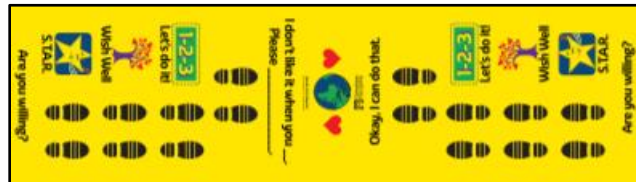
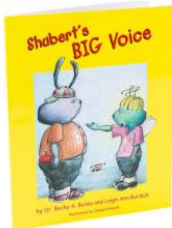
Week 5:

Step 5 - **I Solve**

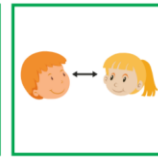


I Solve helps children learn a new skill that triggers the upset. The adult's job is to coach the child to handle their trigger differently in order to solve problems the next time. Solutions may fall into one of the categories:

- Conflict Resolution Time Machine
- Learning to accept and manage feelings (Power of Feeling Buddies)
- Learning a new skill (Use “big voice” or ask for help)
- Add visuals to structure environment for success
- Establish stronger connections



I tap them gently.



I look at them.



I say their name.

Week 6

- “Grand Opening” Celebration of Safe Place. The Safe Place is a self-regulating center where children practice changing their internal state from upset to calm in order to maximize learning.
- All materials are placed in the Safe Place after being taught. Give time for students to “explore” Safe Place in a calm state.

