

INSPIRED

ENCOURAGED



CONFIDENT

INCLUDED

WHAT TO DO WHEN...

26 child friendly strategies to manage emotions and difficult social situations

by: Janine Junaideen and Zara Blake

INTRODUCTION



This book will be used as a **guide** for young students to deal with their emotions and problems.

Any time you don't know what to do in a situation, turn to the **"table of contents"** to learn more about the skill you need help with.

If this book is **too difficult** to understand, consider asking a parent or older sibling to help.

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Name:

IMPROVING SELF-ESTEEM

5

THINGS THAT I LIKE ABOUT
MYSELF

1) _____

2) _____

3) _____

4) _____

5) _____

you can write either physical things (ie: smile) or
personality characteristics (ie: patient, confident...)

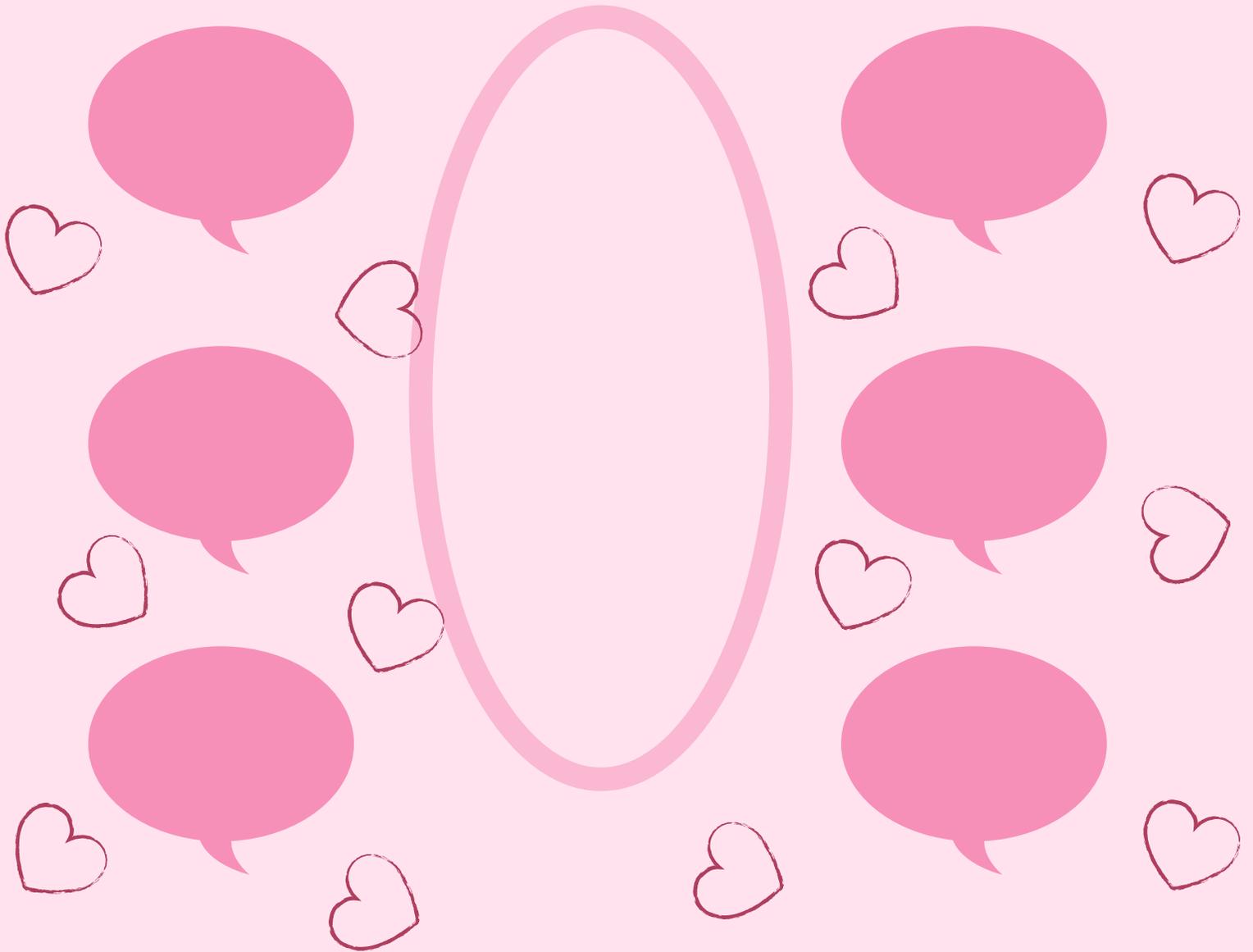
Name:

BUILDING CONFIDENCE



Name:

PEOPLE I LOVE



(draw a picture of yourself in the middle and then think about which people you love and write their names in the bubbles)

Name:

DEALING WITH EMOTIONS

I felt (describe your feeling; ie: worried, sad, happy...)
_____ when (describe the situation)...



(in the box above, draw how you feel)

Name:

SHOWING EMPATHY

Hold the
Door Open
for Someone

Ask "What
Can I do to
Help?"

Make
Someone
Laugh

Write a nice
note to your
teacher

Play with
Someone
New at
Recess

Clean your
Room

Say Thank
You in the
Cafeteria

Share your
School
Supplies

Tell a friend 3
reasons you
like them

(try to complete all these tasks in ONE WEEK)

Name:

GROWTH MINDSET

Change your thinking, Change your life!

Instead of Saying...	I can say...
"This is too hard!"	"I can do it if I work hard"
"I'm not as good as they are"	
"I give up!"	
"I can't make this any better!"	
"I already know everything!"	

(try to rewrite the statements on the left to make them more positive)

Name:

PROBLEM-SOLVING

PROBLEMS

You Fell on the
Playground and
Scratched your
Knee



You Forgot your
Book at Home



Your classmate is
looking at your
answers without
asking



You Can't Read a
Word in the Story

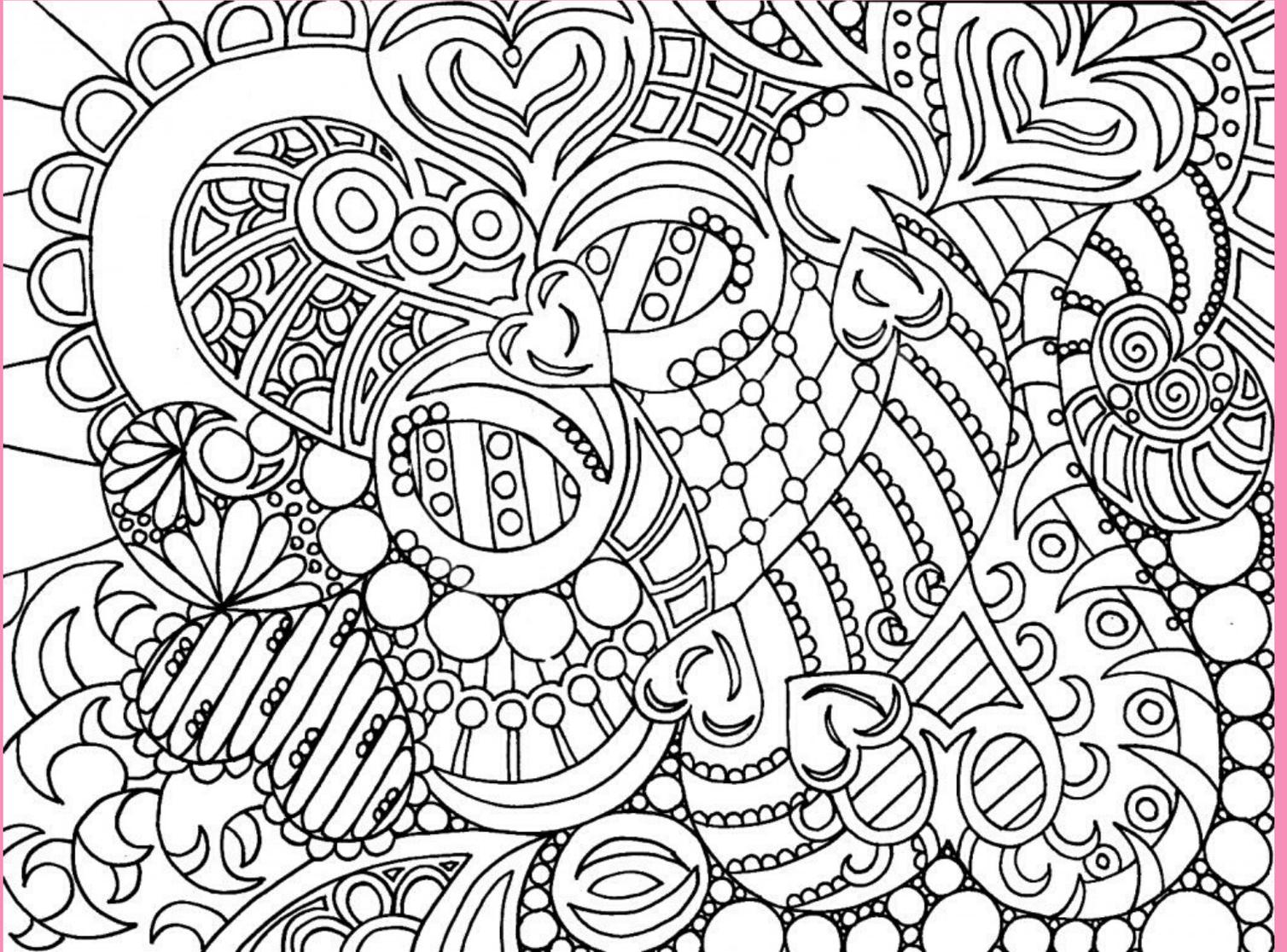


SOLUTIONS

(read each of the problems and come up with a
solution for each one)

Name:

MINDFULNESS COLORING

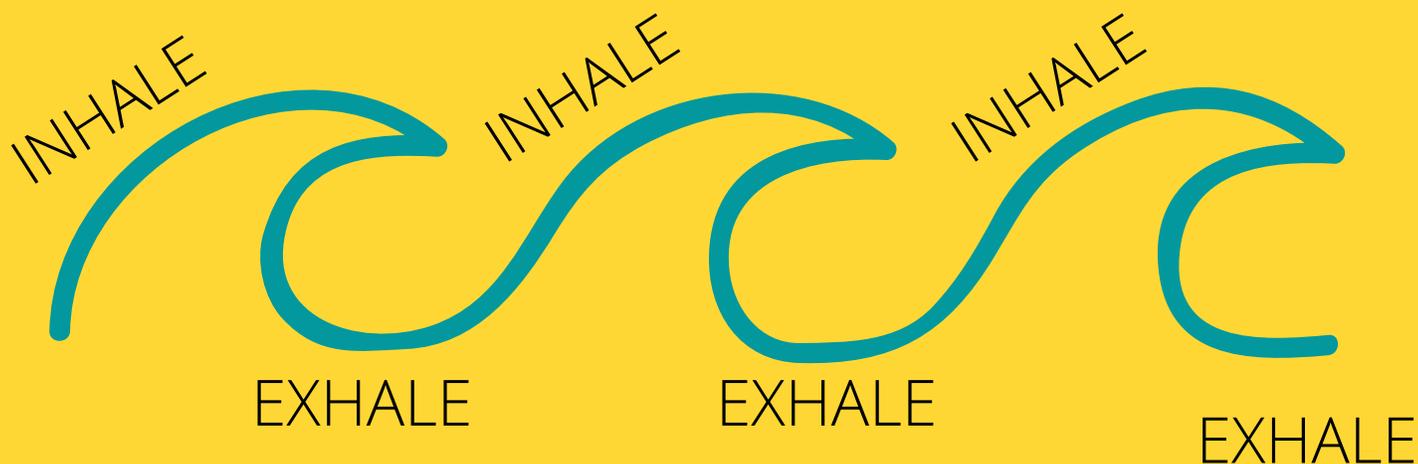


(find a quiet space without distractions to color -
this reduces stress/ anxiety)

Name:

DEEP BREATHING

Beach Day Breathing



(breathe in for 3 seconds, hold it, and breathe out for 3 seconds while you picture the wave crashing down)

Name: _____

FRIEND WORD SEARCH

What to look for in a Friend

L	U	E	I	F	A	G	U	U	F	Y	H	B	S
H	A	C	L	G	N	U	M	F	N	E	U	E	Y
V	P	I	T	R	N	T	R	A	Y	U	D	L	U
A	T	A	N	D	A	I	L	L	A	M	N	I	E
F	U	N	Y	A	G	A	R	V	T	R	U	S	T
E	L	I	M	S	E	U	T	A	O	L	C	A	R
L	H	L	R	G	P	L	A	Y	C	E	A	S	D
N	N	A	A	T	S	E	N	O	H	N	A	G	N
O	I	U	A	A	L	N	A	P	D	N	I	K	T
B	K	G	E	N	D	A	Y	O	H	I	F	T	G
R	L	H	L	E	F	L	G	L	K	U	I	I	L
A	B	R	R	V	U	N	N	C	N	R	L	L	F
V	H	B	C	I	N	L	U	F	P	L	E	H	D
E	L	T	L	U	E	K	R	G	O	N	I	L	I

SMILE
HONEST
CARING
BRAVE
TRUST
HELPFUL
KIND
FUN
LAUGH
PLAY

(look for the words listed on the right)

Name: _____

RECIPE FOR KINDNESS

Ingredients

a dash of fun _____

a cup of _____

a pinch of _____

a spoonful of _____

Directions

pour a dash of fun....

WORD BOX:

respect fun

smiles

trust love

WORD BOX:

add pour

stir

separate

mix

blend

(use the word boxes at the bottom of each section - ingredients + directions - to make a recipe for kindness)

Name:

GOOD VS. BAD FRIENDSHIPS

- **Helps you with your homework**

- **Lies to you**

- Makes you laugh and smile

- Doesn't let you play with them

- Listens to you

- Copies your work

- Bosses you around

- Tells the truth

- Takes things without asking you

- Makes fun of you

- Encourages you to do your best

(choose one color for **good examples** and one color for **bad examples**, then highlight)

WHAT TO DO WHEN...

you're nervous about a test



- deep breaths/ meditate
- get a good night of sleep
- distract yourself at home (music, games...)
- write your worries on a piece of paper & rip it

WHAT TO DO WHEN...

you feel lonely or sad



- talk to a family member or adult
- write down your feelings in a journal
- try to make new friends

WHAT TO DO WHEN...

you want to make friends



- start a conversation with them (compliment them, ask questions...)
- ask to play a game with them (like tic tac toe)
- be yourself

WHAT TO DO WHEN...

other students laugh at or
tease you



- report the teasing to a trusted adult or teacher
 - stand up for yourself, be strong
 - talk directly to the kids about your emotions
- write a letter to the student/s hurting your feelings

WHAT TO DO WHEN...

you need extra help in school



- talk with your teachers outside of class
 - ask other students for help
- watch YouTube videos (Khan Academy Jr, Brain Pop, Crash Course)
- look back at old work/ notes

WHAT TO DO WHEN...

you don't understand what
the teacher asks you to do



- kindly ask them to be more clear
- don't be afraid to say you don't know, get extra help
- ask your classmate for help

WHAT TO DO WHEN...

you feel like your school work
is too easy



- ask your teacher for extra work or use Google
- doodle, draw, or help other students learn
- double check your work
- ask a parent to set up a meeting with teachers

WHAT TO DO WHEN...

you are scared to raise your
hand in class



- know that it is okay to make mistakes!
- remember you are at school to learn
- be confident & pretend you are talking to a friend

WHAT TO DO WHEN...

you want to hang out with a
classmate outside of school



- approach them kindly & start a conversation
- make an effort to get to know them (ask questions)
- ask your parents whether it would be okay to play with them outside of school

WHAT TO DO WHEN...

you see a friend being mistreated



- let a teacher know the details of what happened/
who was involved
- talk to your parents about how you are feeling
 - don't hurt anyone, instead walk away
 - be a friend to the victim(s) by being kind

WHAT TO DO WHEN...

someone makes you feel bad
about yourself



- talk directly to the person about what upset you
- get advice from someone you trust
- try to make friends with the person
- look at positive quotes to boost your mood

WHAT TO DO WHEN...

you're bored



- play a board/card game you have at your house
 - listen to music (KidzBop)
- spend time with your family and friends
 - go outside and enjoy nature
 - play a sport

WHAT TO DO WHEN...

you can't fall asleep



- put electronics away 1 hour before going to sleep
 - avoid sugary foods and drinks
 - take a bath to relax your mind
 - make sure your room is dark

WHAT TO DO WHEN...

you want to spend your time
productively



- start a journal
- learn a new recipe (TastyRecipes)
- learn a new skill (ex: dancing, long division...)
 - read a book (Goodreads)
- write thank you notes to your friends + family

Our Mission

Upsivity's mission is to eliminate the social and educational barriers of students in their classrooms, to provide advice for children, to promote inclusivity, and to uplift children's attitudes towards going to school.

you are
brave,
strong,
smart &
loved.