

Emotional Literacy Resources for stay at home kids.

12 pages of Emotional Literacy
Home learning
by Lynn Hanbidge SESO
Onchan School



Links to information for kids about the Coronavirus.
How to stay safe and most of all don't worry.



Tips to help kids to understand their
emotions and feelings in this difficult and
worrying time.

Links & Tips to staying calm

Links & Tips for Anger Management.

Links to informative fun
activities and
online videos.



Emotional Literacy resource.

A Social Story is a visual preview, typically including a picture and caption of what to expect prior to a new experience. "A social story is an aid to help children with social or sensory needs that prepares them for what to expect as well as what to do or how they might feel in an event or unfamiliar situation.

[Youtube.com Social Stories links](#)



This is a fabulous Youtube.com social story to help anxious kiddies. It has simple but effective information and illustrations to help your child learn what is Coronavirus and how to stay safe.




Youtube.com The Yucky Bug by Julia Cook is a good resource to help kids have a positive thinking.





The DAY the crayons quit by Drew Daywalt Youtube.com Kiddies love this familiar story

Emotional literacy Home Learning

Stay home learning about Coronavirus

If your child is feeling  anxious about the current pandemic Corona 19. Here is

a useful link / resource to help ease their anxiety. It has information and colouring

 activities to help put little minds at rest. 

It's a new colouring book which has been designed to help children understand and

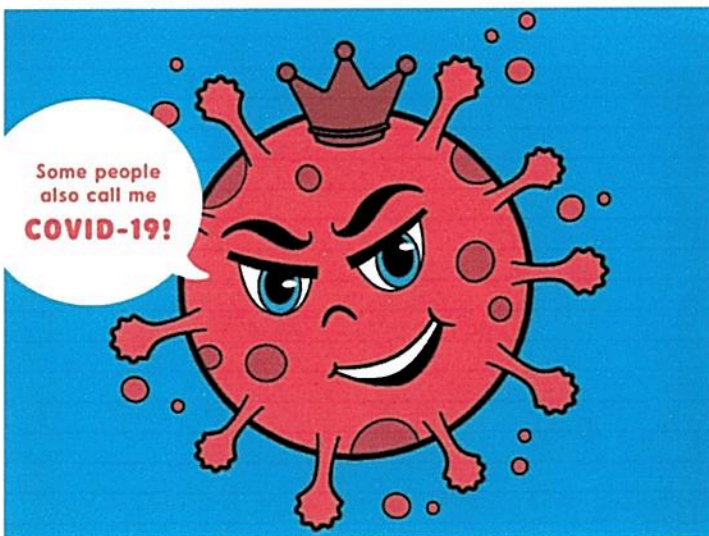
cope with the coronavirus outbreak. The book, "Learn about the coronavirus," made by

staff at St. Jude Children's Research Hospital in Memphis, was originally made for

children at the hospital, many who are undergoing cancer treatments but is now freely

available online for [download](#) at the

ST. JUDE CHILDREN'S RESEARCH HOSPITAL ["Together" website](#).



It can also spread when people touch something the virus has been on, like hands or door handles. This is why you might see people wearing masks and gowns.

For younger children. Links to fun songs about feelings and emotions.

Be creative! make your own lollipop puppets with different emotions so you can take part in the song.

A SONG TO EXPLORE FEELINGS



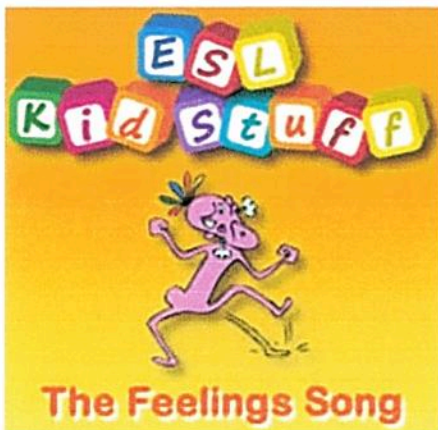
How are you feeling today?

[https://
www.dailymotion.com/video/](https://www.dailymotion.com/video/)

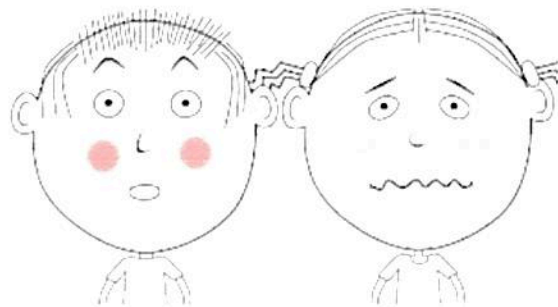
The **Feelings** Song

RHS TV 123

dailymotion.com



[https://
www.dailymotion.com/
video/x2qffu2.](https://www.dailymotion.com/video/x2qffu2)



The feelings and emotions song.
You Tube

Emotional literacy Resources

links to all these videos are all on You tube



[Managing Worry and Anxiety for Kids](#)



[Managing Coronavirus](#)

Why Do We Lose Control of Our Emotions?



Fall Asleep in 2 minutes



Flight or Freeze A guide for kids who are anxious

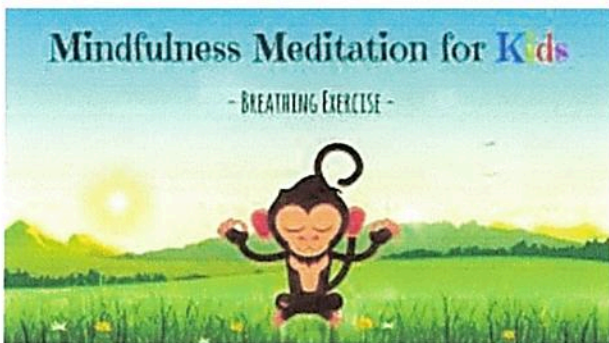
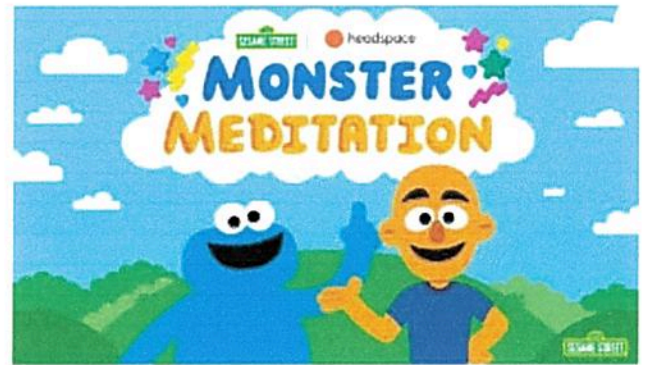
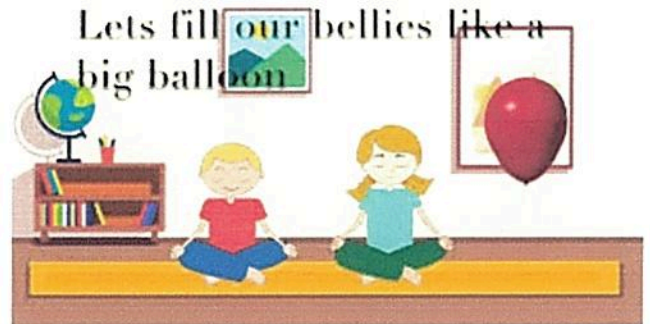


Emotional Literacy Resources

Breathing exercises / yoga meditation links to help kiddies with anxiety.
Youtube.com

Deep Breathing Exercises for Children

- Decreases **stress**.
- Reduces **anxiety**.
- **Helps** you to remain calm.
- Strengthens sustained attention.
- Sharpens the ability to focus and learn.
- Slows the heart rate.
- Lowers blood pressure.
- **Helps** to control your emotions.



[Yoga For Kids with Alissa Kepas - YouTube.com](https://www.youtube.com/watch?v=...)

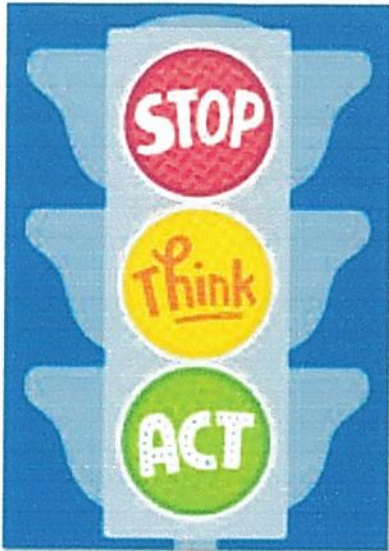


[Youtube ...awakeandmindful.com](https://www.youtube.com/watch?v=...)

Emotional Literacy Resource

Anger is a normal emotion and feeling. You are allowed to be angry, but its controlling that anger that is important. Knowing when to STOP before it gets out of hand.

Helpful tips when you feel anger building up and when it all gets too much.



STOP! What am I angry about?

THINK! Is it worth getting upset for?

THINK! Am I hurting my own feelings and those of others?

THINK! Do I like feeling like this?

ACT! What can I do to make me feel better and calm down?



Hundreds of online colouring pages to support Anger management

ONLINE LINKS: Activities / worksheets

<https://copingskillsforkids.com/managing-anger>

worksheets / activities a useful link

[Parents With Confidence](#)

powerful activities for anger management

<https://copingskillsforkids.com/managing-anger>

[Anger management activities for kids ...tierrasalto.com](#)

LEARN to
let Things
you CANT
CONTROL
GO



Emotional Literacy Activity

Cut out facial expressions from old magazines or newspapers and glue them in the appropriate boxes below to show the many emotions and feelings you might have whilst in isolation.

Make your own
feelings faces chart



scared

worried

angry

bored

frustrated

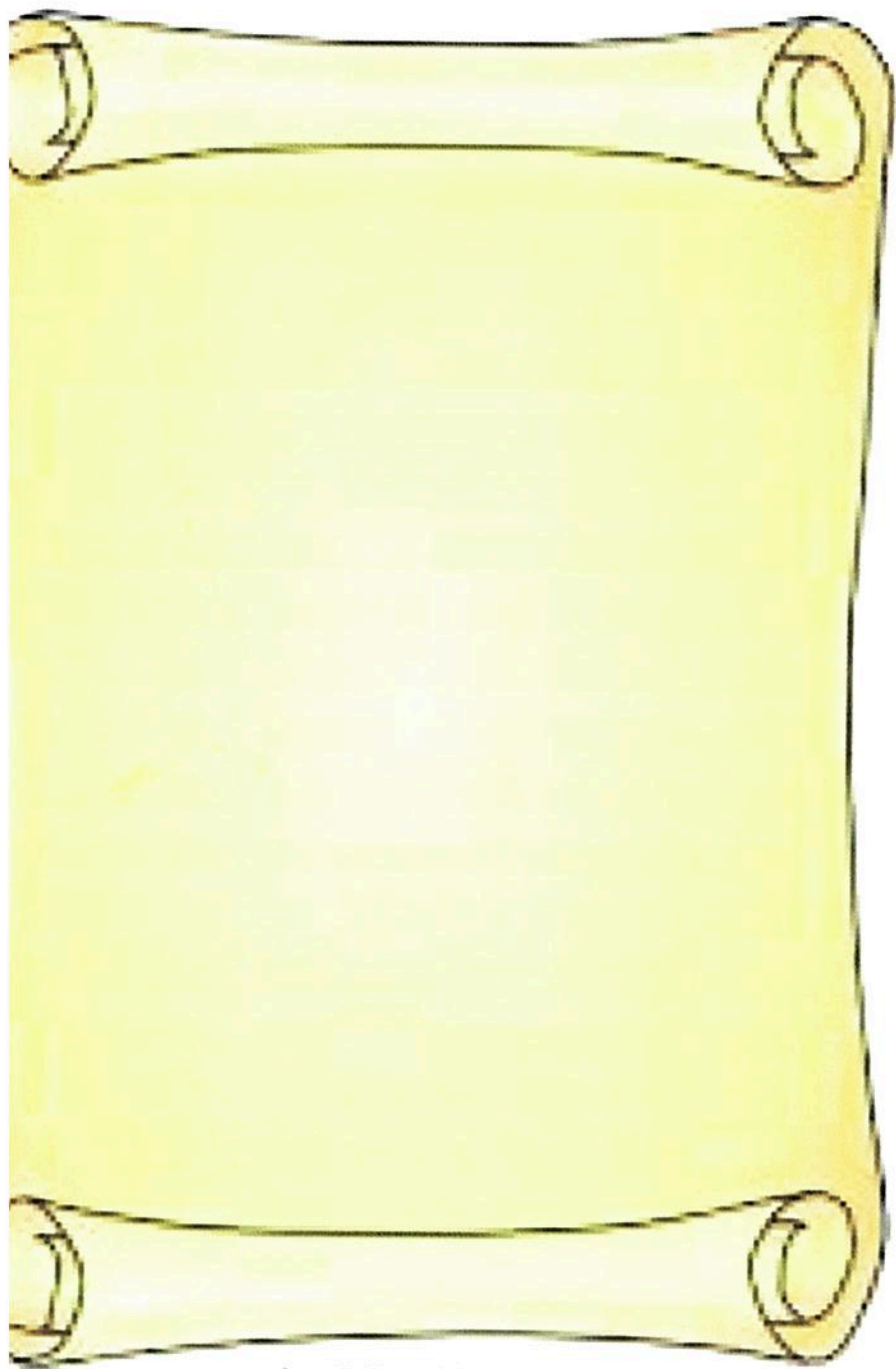

emotional




Emotional Literacy Resource Activity

Pick one idea.
Write down your feelings in a poem.

- a) missing school, friends, teachers
- b) staying in isolation
- c) can't cuddle nana & grandad
- d) what I miss most
- e) what I don't miss
- f) things I will do when its over!

ACROSTIC
is a form of poetry where the first letters of each line form a word.



LIMERICK
is a form of poetry which has 5 lines.

Free Verse

- A free verse poem does not use rhyme or patterns.
- Can vary freely in length of lines, stanzas, and subject.

Revenge
When I find out who took the last cookie out of the jar and left me a bunch of stale old messy crumbs, I'm going to take me a handful and crumb up someone's bed.



By Myra Cohn Livingston

Lune Poem

A Lune is made up of 3 lines and uses 11 words in all. The first line has 3 words, the second has 5, and the last has 3 again.

Line 1: 3 words
Line 2: 5 words
Line 3: 3 words

I love dessert
Chocolate is my favorite treat
Oh so yummy!



Haiku Poem

This is a traditional form of Japanese poetry made up of 3 lines. The first line has 5 syllables, the second has 7 syllables, and the third has 5 syllables again. It is usually written about one simple thing like an animal, season, or nature.



Line 1: 5 syllables
Line 2: 7 syllables
Line 3: 5 syllables



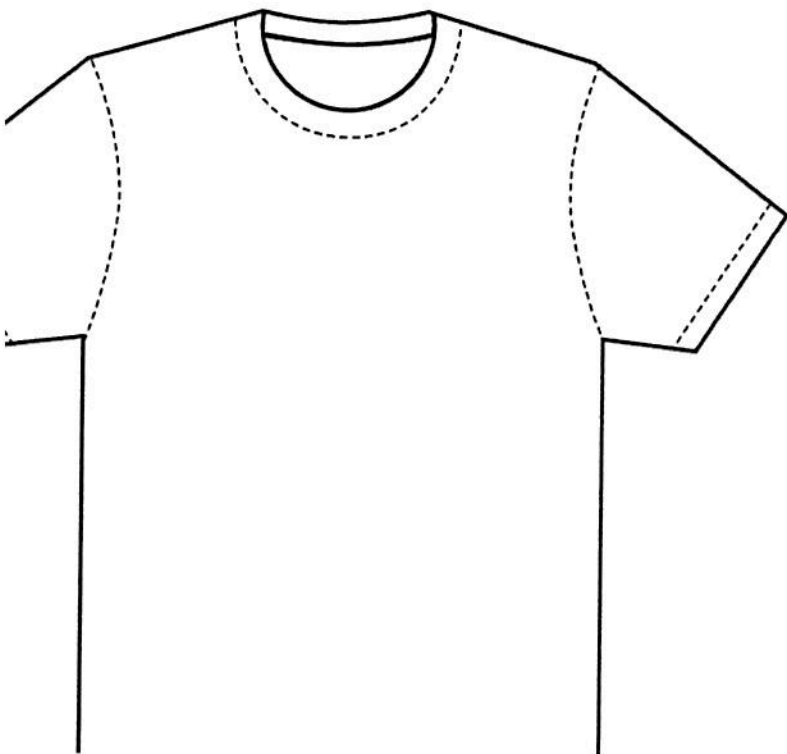
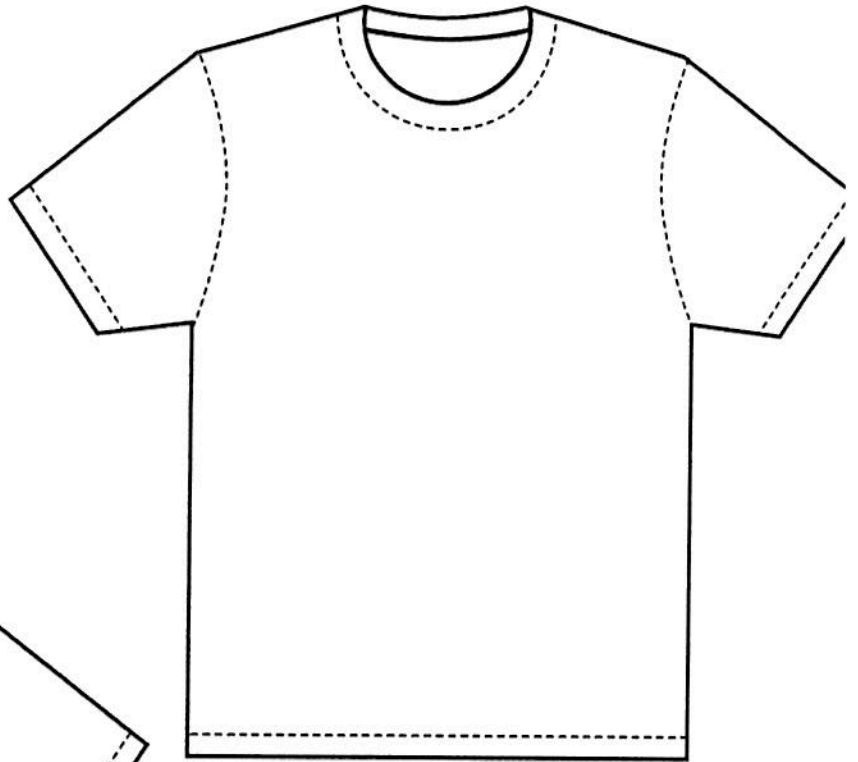
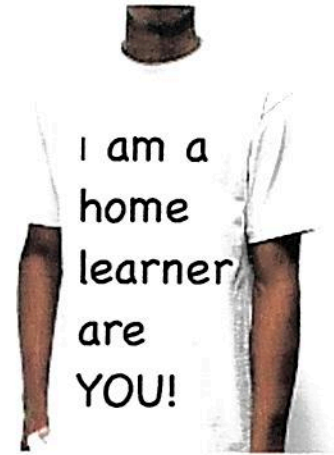
Yellow and black stripes.
Bees go flower to flower.
Watch out they can sting!

Emotional Literacy Stay at Home Activity.

Design Two T-shirts, one for you and one for a friend.

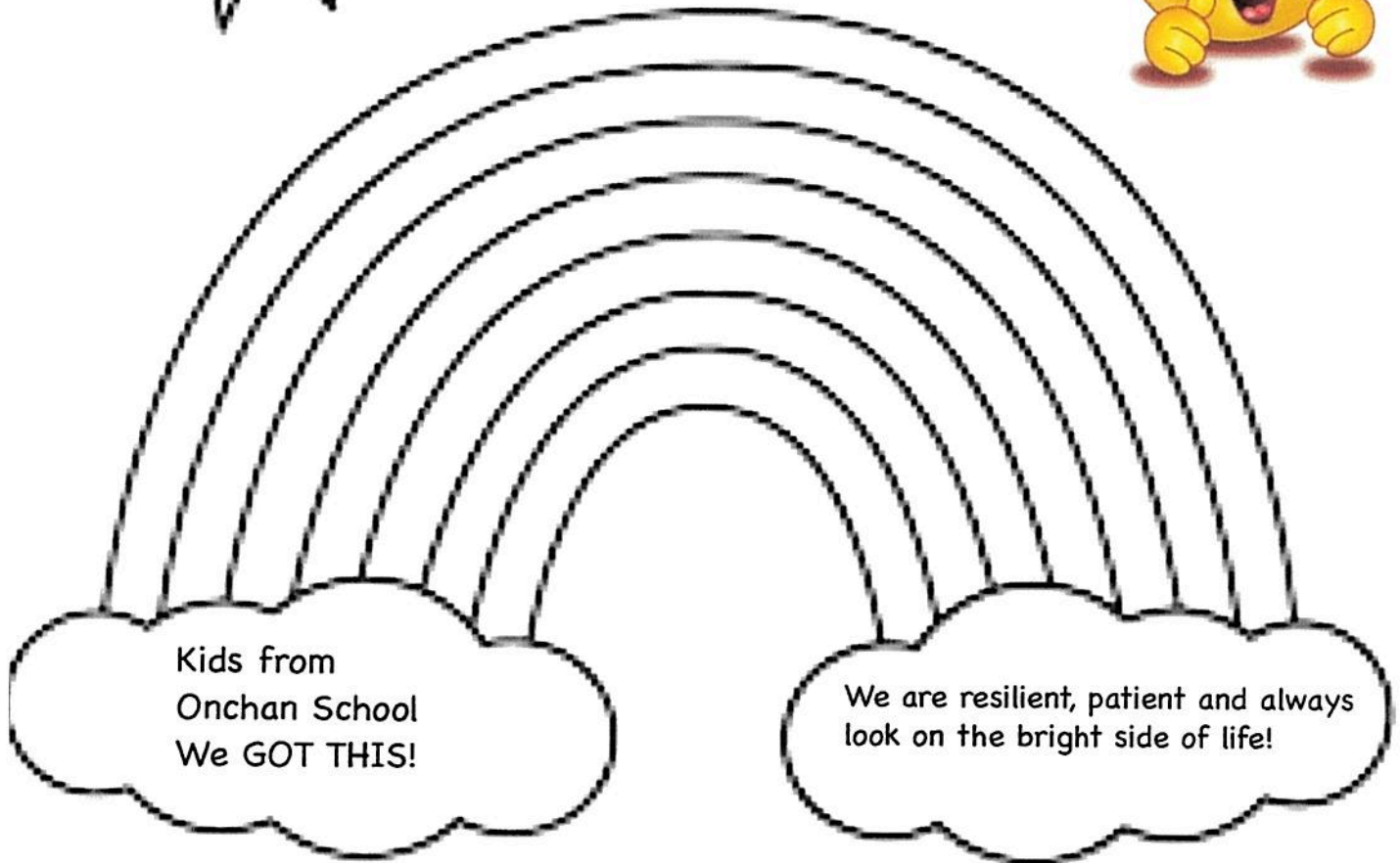
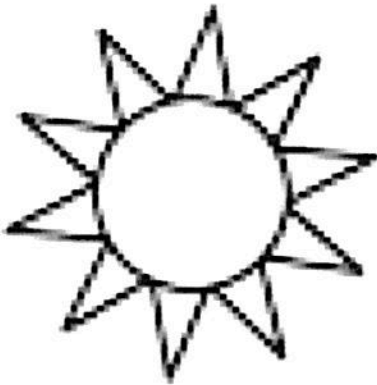


Onchan
School
Kid
isolating!



Emotional Literacy Activity

Mindful positivity colouring

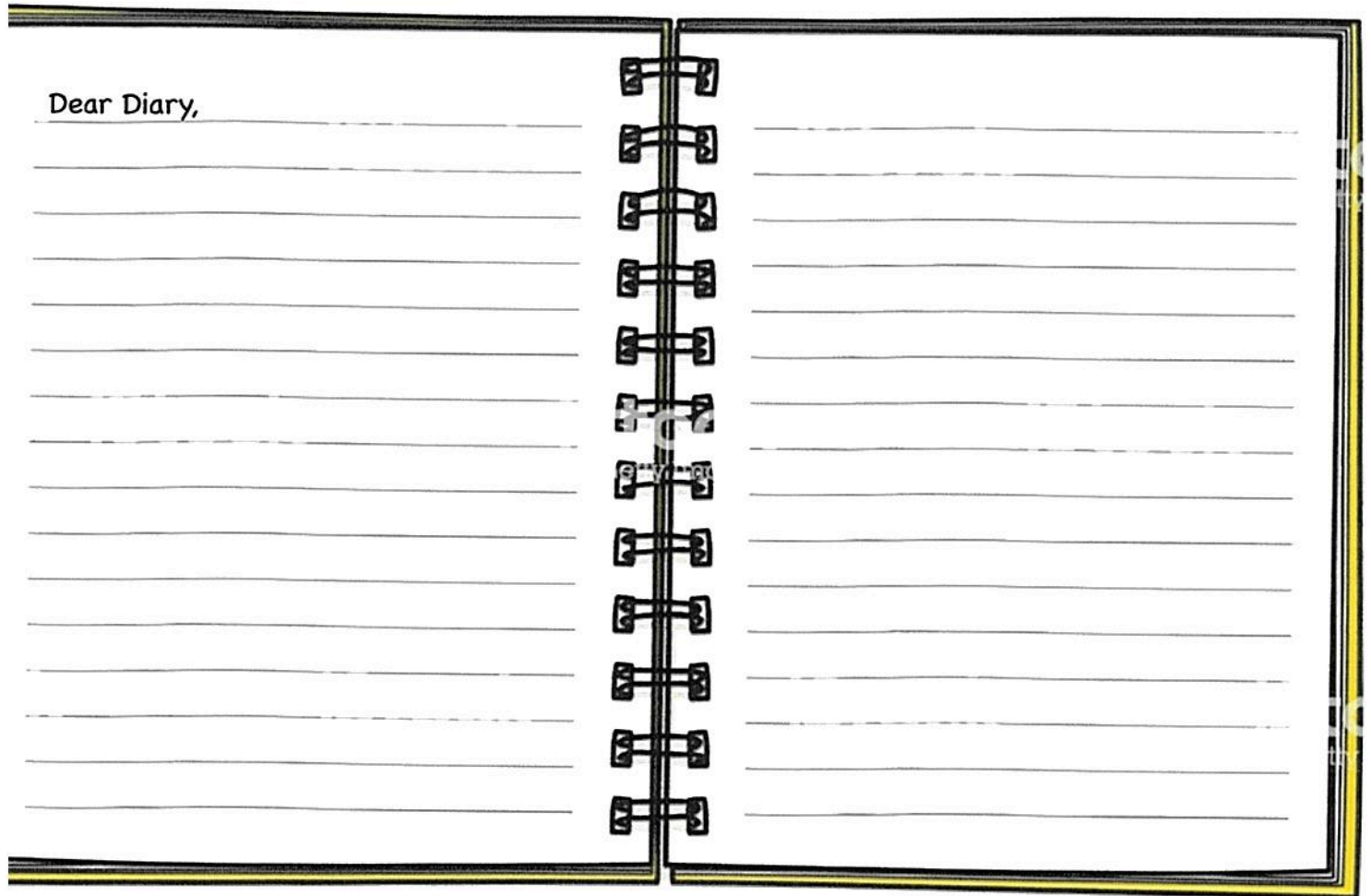


Kids from
Onchan School
We GOT THIS!

We are resilient, patient and always
look on the bright side of life!

Emotional Literacy Activity

Write a diary entry for the best day you have had whilst in isolation so far.



Circle the feelings you had during your best day in isolation.



happy

cheerful.

miserable.

frustrated

satisfied.

proud

sorry

angry

loved.

thankful.

excited.

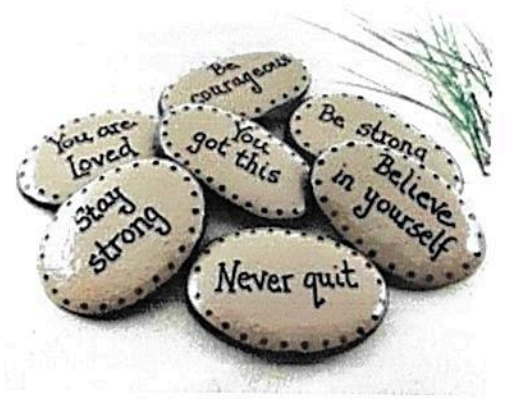
confident.

calm

Emotional Literacy Activity

Design your own Affirmation stones

Colourful **affirmation stones** offer a simple & effective way to build some positive thinking & confidence into a **child's** daily routine.



Use acrylic paints or Sharpies
Wash stones to get rid of any dirt
Dry properly before painting or
writing your messages.

