## The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS


## TOOL: Prevention | Intervention

TARGET AUDIENCE: Elementary school children (beginning in cycle two)

## TOOL INTENDED FOR: Elementary school children (beginning in cycle two)

## DESIGN

Line Massé

Jeanne Lagacé-Leblanc
Claudia Verret

## SITUATIONS THAT MAKE ME FEEL GOOD OR BAD

TOOL: Prevention | Intervention

TOOL INTENDED FOR: Elementary school children (beginning in cycle two)

## TARGET AUDIENCE:

- Elementary school children (beginning in cycle two) who have difficulty managing their emotions, particularly children who are stressed, impulsive, inattentive, hyperactive, oppositional, aggressive, anxious, depressed or those with autism spectrum disorder.


## NEEDS AND BEHAVIOURAL MANIFESTATIONS

- Difficulty recognizing their emotions or those of others.


## SPECIFIC GOALS

- To empower the children to become aware of their emotional states and the incidents or contexts that contributed to them.


## DESIGN

```
Line Massé (Full Professor) - Université du Québec à Trois-Rivières
Jeanne Lagacé-Leblanc (Research Assistant) - Université du Québec à Trois-Rivières
Claudia Verret (Full Professor) - Université du Québec à Montréal
```


## TOOL CONTENT

## SITUATIONS THAT MAKE ME FEEL GOOD OR BAD



Complete the following sentences about emotions you felt during the week.

1. This week, I felt joyful when....
2. This week, I felt sad when....
3. This week, I felt angry when....
4. This week, I felt worried when....
5. This week, I felt frustrated when....
6. This week, I felt surprised when....
7. This week, I felt ashamed when....
8. This week, I felt disgusted when....
9. This week, I felt interested when....

## Based on:

Blaustein, M. E. \& Kinninburgh, K. M. (2010). Treating traumatic stress in children and adolescents, How to foster resilience through attachment, self-regulation, and competency. Guilford. (p. 314-315).

