



The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS



TIPS AND TRICKS TO REGAIN MY STATE OF CALM AND WELL-BEING

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
Claudia Verret



TIPS AND TRICKS TO REGAIN MY STATE OF CALM AND WELL-BEING

TOOL: Prevention | Intervention

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

TARGET AUDIENCE:

- Elementary school children 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 appropriately expressing emotions.

SPECIFIC GOALS

- To help the children appropriately express their emotions by using "I" messages.
- To help children recognize appropriate ways to express their emotions when they have difficulty expressing them verbally.

DESIGN

Line Massé (Full Professor) – Université du Québec à Trois-Rivières

Claudia Verret (Full Professor) – Université du Québec à Montréal

TIPS AND TRICKS TO REGAIN MY STATE OF CALM AND WELL-BEING

It's not easy to express how you feel, particularly when you're feeling bad or angry. Sometimes you can't find the words. Sometimes you prefer to hide it because you don't know how to express it or you're afraid of being ridiculed or rejected. It's important to appropriately express your emotions:

- When you keep negative emotions inside you, they can cause discomfort (headache or stomach ache, physical tension, stress, etc.);
- If we don't properly express our emotions, we can make the situation worse;
- Talking to someone about our emotions can help us understand each other better;
- Letting others know our emotions can help us find solutions to the situation that bothers us.

THE FOLLOWING ARE SOME TIPS AND TRICKS TO APPROPRIATELY EXPRESS YOUR EMOTIONS:

Recognize your emotions based on your clues

Before you express yourself, take the time to observe how you feel based on your emotional cues. What's going through your head? What are the signals felt in your body?

Choose someone you can confide in

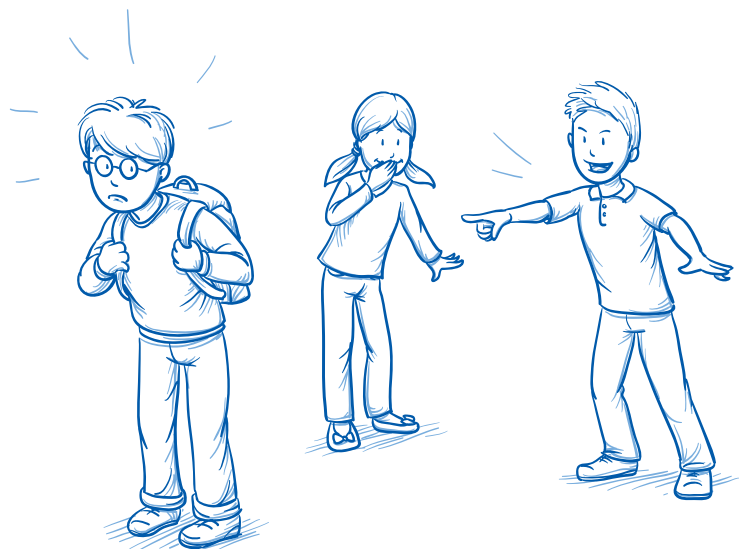
If it's a personal issue that makes you feel bad, find someone you trust to confide in. It could be a friend, relative, grandparent or someone else you know.

Choose the right time

Make sure you are calm before expressing your emotions. Also wait for a time when the other person is free and has time to listen to you.

Choose the right place

It's best to choose a place that is private or that fosters trust. For example, when you're alone with the person.



Choose a way to express your emotions

The best way to express your emotions is usually to communicate them directly to others. To communicate to others how you feel, "I" messages can be helpful. There are many ways to do so. The following is one way that will not only help others understand how you feel, but also what could be done to make you feel better.

CLUES	EXPLANATIONS	EXAMPLES
When...	Describe the situation or context that causes your emotions. Be careful not to blame people.	"When I come back from school and I'm very tired..."
I feel...	Name the emotion experienced using "I."	"...I feel frustrated..."
Because...	Explain why you feel like this.	"...because I have to do my homework right away..."
I'd like...	Specify what you'd like in order to feel better.	"...I'd like to take a break and do an activity to relax before starting my homework."

If it's difficult to directly express how you feel, you can use another medium such as a letter or a drawing. Give your message in person so you can explain it if necessary. Avoid doing this using an electronic means.

The ways suggested in this tool were retrieved and adapted from:

Massé, L., Verret, C., & Boudreault, F., with the collaboration of Lanaris, C., Verreault, M., & Lévesque, M. (2012). *Mieux gérer sa frustration et sa colère*. Chenelière Éducation.

Verret, C. & Massé, L. (2017). *Gérer ses émotions et s'affirmer positivement*. Chenelière Éducation.