



Bridge Materials from your School Counselor, Mrs. Papas

Dear Kindergarten Families,

The following materials are included in your packet:

- Poster – 5 Steps to Managing Big Emotions
- Feelings Matching Game with Directions
- Two Mandala coloring pages

The following links will provide students and families with additional resources:

<https://copingskillsforkids.com/>

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

<https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us/elementary-and-middle-school-activities>

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.storylineonline.net/>

<https://sesamestreetincommunities.org/topics/>

<https://wedolisten.org/books-and-lessons>

<https://www.pacareerzone.org/>

https://wqed.pbslearningmedia.org/subjects/health-and-physical-education/skills-for-healthy-living/?selected_facet=grades:4

https://everfi.com/partners/k-12-educators/listing/?mkt_tok=eyJpIjoiWXPWaeI16Wm1abVk0TWpoayIsInQiOiJ4amRhMEIHckJkRWNSc113SIBIT1Z3c1lnQU1sVVg5Sm1SY1NRVFEyWlpibWV5M0N6aytacEduQXdlal13d0ZrdU5ETCtiam5ZNzg3c0JpTnpkYk4zWHJCvnlKcmVlbmtHNGpUc2dLS3liVGhma3J6RE1tbWljbFVmdzhOUmRBVvYj9

5 Steps to Managing Big Emotions

2.

Take 3 deep breaths
or count slowly
to 10.

1.

Remind myself that
it is never okay
to hurt others.

3.

Use my words to say
how I feel and what
I wish would happen.

4.

Ask for help
to solve the
problem.

5.

Take time to
calm down.





Feelings Matching Game

To Play:

- Shuffle the cards well and spread them face down across the table.
- Players take turns to turn over two cards, searching for the matching pair of feelings.
- If the cards selected are a match, the player keeps the matching pair and takes another turn. If they are not the same, the cards are turned back over in the same location and play moves to the next player.
- Once all cards have been matched, the player with the most pairs wins the game.

Angry



Embarrassed



Nervous



Happy

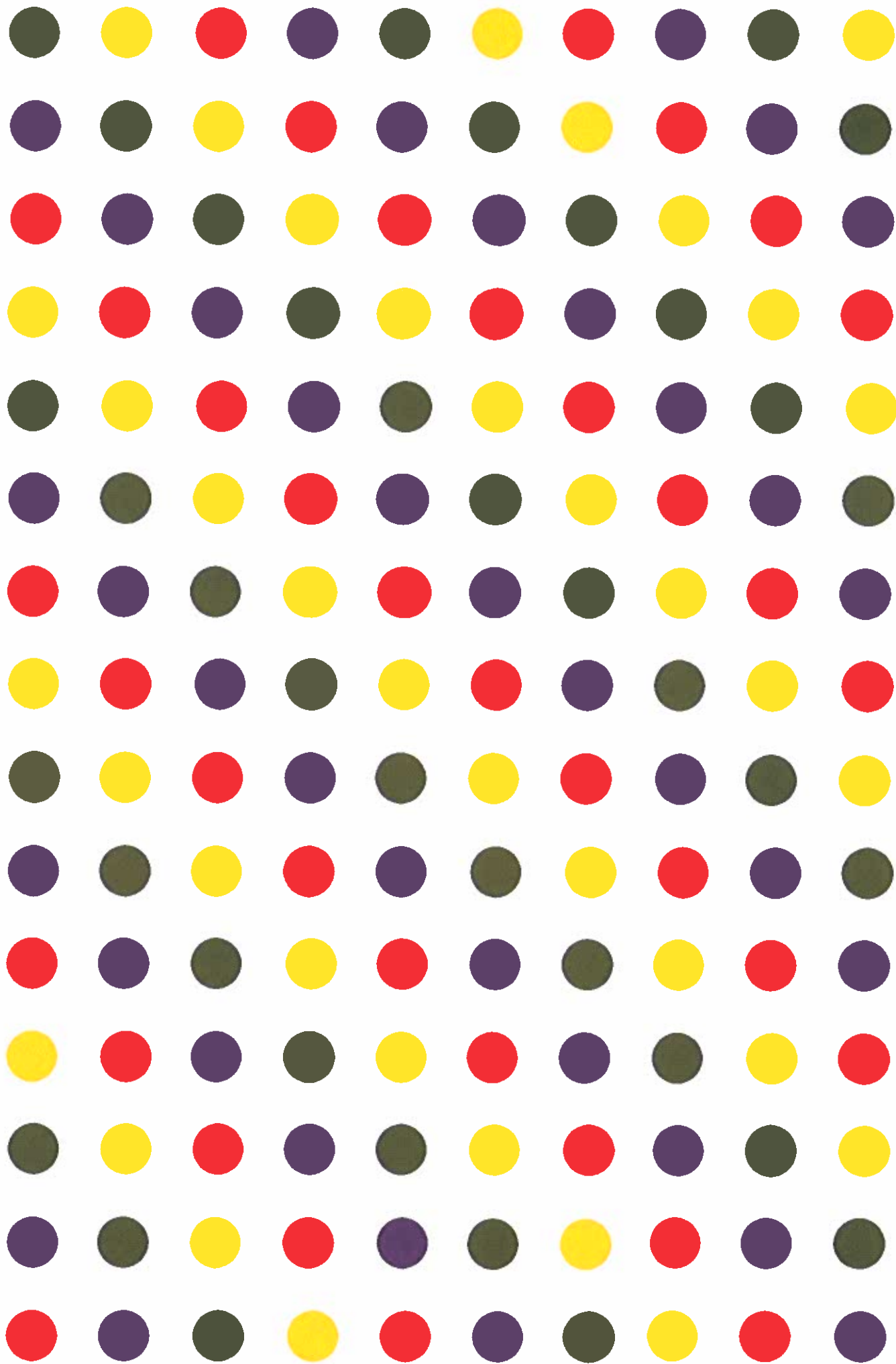


Annoyed



Excited





Angry



Embarrassed



Nervous



Happy

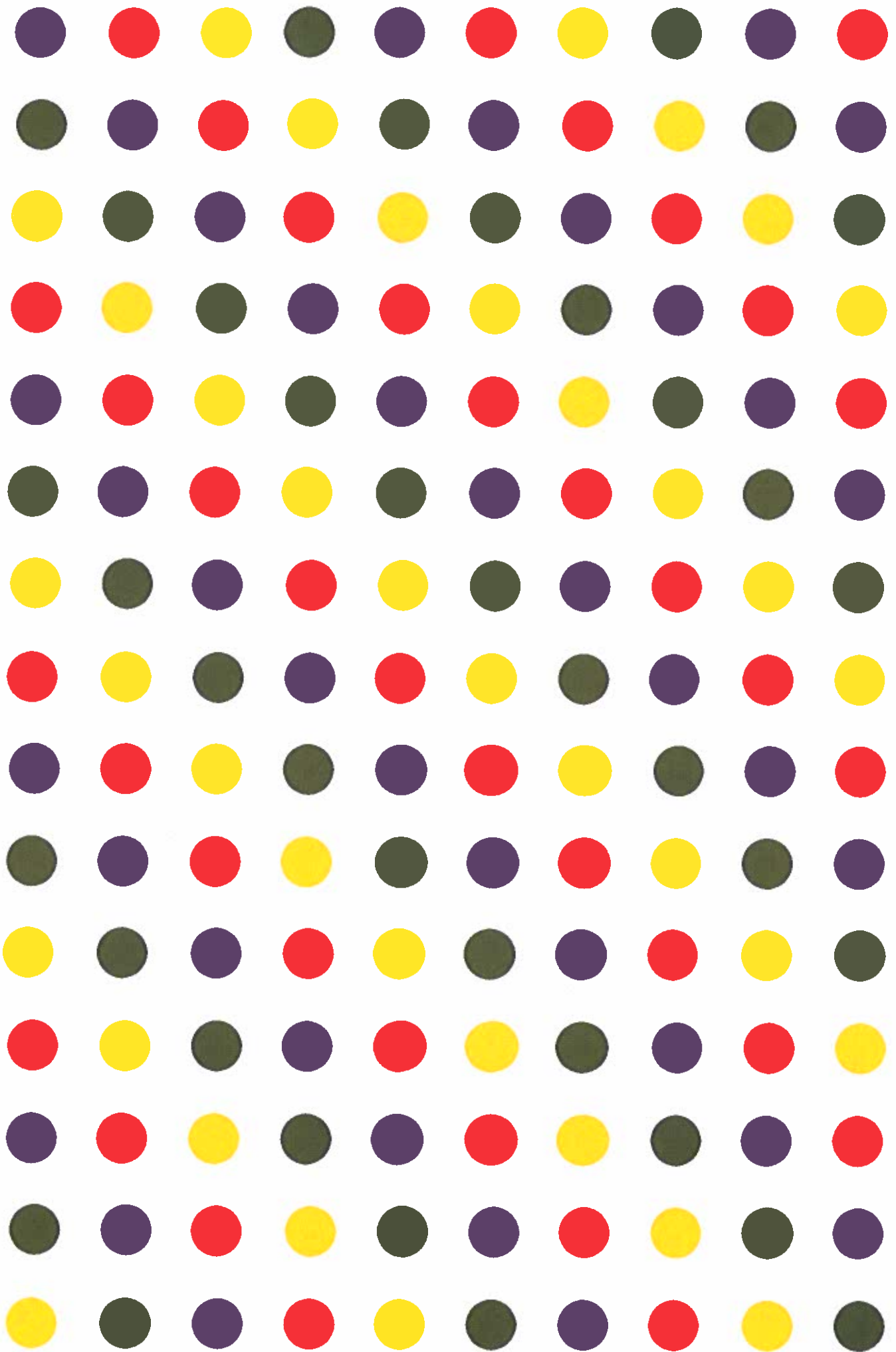


Annoyed



Excited





Proud



Sad



Surprised



Worried

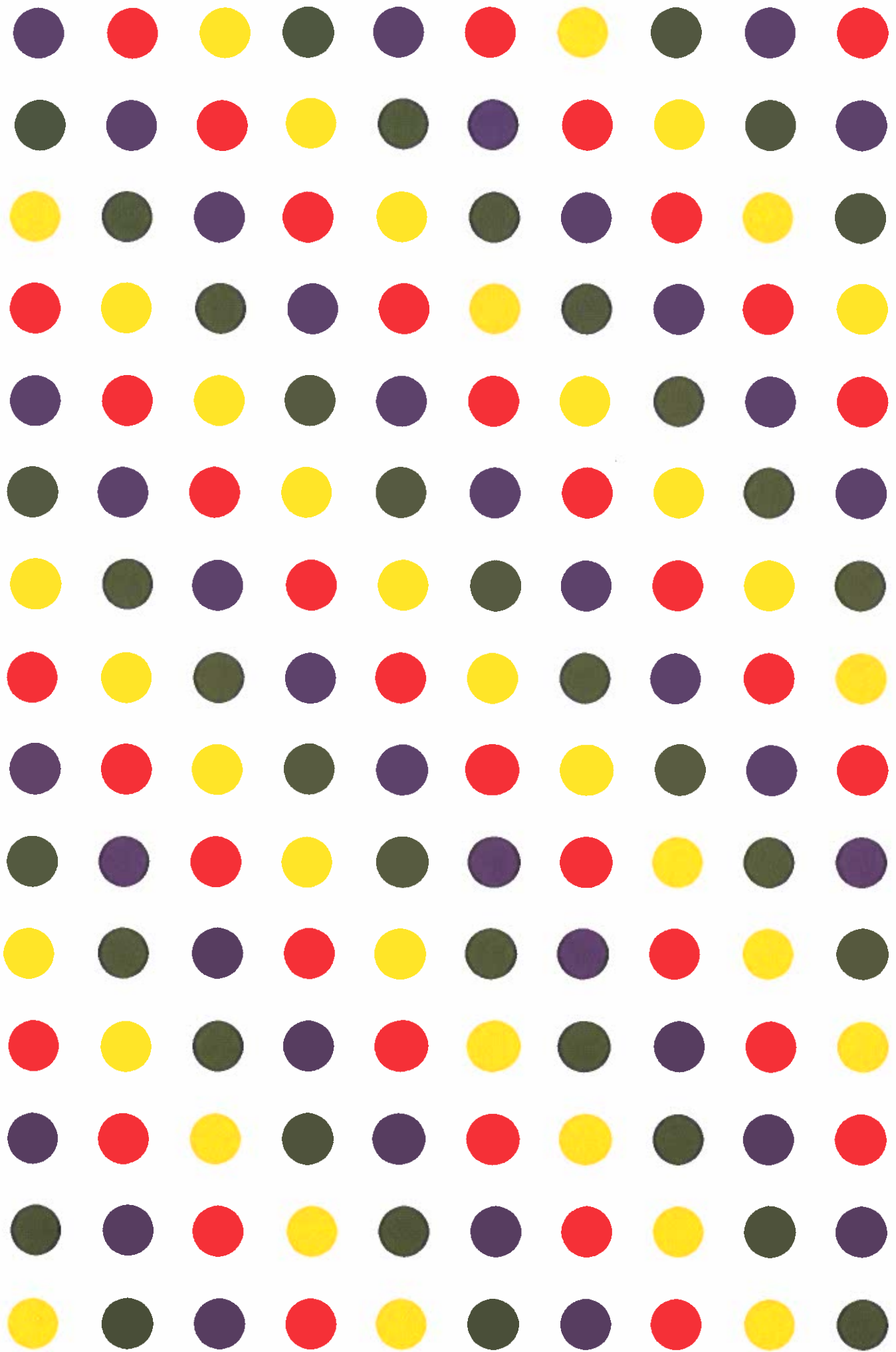


Hurt



Scared





Proud



Sad



Surprised



Worried



Hurt



Scared



