



CALMING DOWN AND KINDNESS

Ohio Ready To Learn 2020-21

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Objectives:

1. Participants will be able to identify a child’s verbal and nonverbal ways to express emotions in different settings
2. Participants will be able to recognize a child’s ability to identify and begin to use strategies to regulate emotions and manage behaviors

CORE Knowledge and Competencies

Area: Child Growth & Development

Knowledge Base: Nurturing Relationships

Knowledge: The effects of caring and consistent relationships with adults on attachment, self-regulation and prosocial behavior across all areas of development and learning.

Competency: Identifies ways to communicate with children frequently to promote an understanding of culture, family, and environment.

Ohio Early Learning Development Standards:

STRAND Relationships (continued)			
TOPIC Empathy			
Infants (Birth-8 months)	Young Toddlers (6-18 months)	Older Toddlers (16-36 months)	Pre-Kindergarten (3-5 years)
<p>STANDARD STATEMENT React to emotional expressions of others.</p> <p>EXAMPLES Matches the facial expressions of her caregiver.</p> <p>Smiles responsively.</p> <p>Cries or grimaces at the discomfort of others.</p>	<p>STANDARD STATEMENT Demonstrate awareness of the feelings expressed by others.</p> <p>EXAMPLES Comforts a crying child by offering her own blanket.</p> <p>Becomes upset when another child throws a tantrum.</p> <p>Gently pats a crying peer on his back.</p> <p>Notices a Band-Aid on caregiver’s finger and comforts with a kiss.</p>	<p>STANDARD STATEMENT Demonstrate awareness that others have feelings.</p> <p>EXAMPLES Says, “Olivia’s mama is happy,” and points to the illustration in the picture book.</p> <p>Says, “Alexandra’s crying because she misses her mommy.”</p>	<p>STANDARD STATEMENT Express concern for the needs of others and people in distress.</p> <p>EXAMPLES Expresses sympathy to a friend who is feeling sad.</p> <p>Says, “Oops,” when bumping into another child’s block tower and then helps to pick up the blocks.</p> <p>Offers to help another child who is upset after spilling milk.</p>
		<p>STANDARD STATEMENT Respond in caring ways to another’s distress in some situations.</p> <p>EXAMPLES Comforts a crying child by offering a favorite toy.</p> <p>Hands an upset child a tissue and sits down beside her.</p>	<p>STANDARD STATEMENT Show regard for the feelings of other living things.</p> <p>EXAMPLES Worries that the class guinea pig is lonely over the weekend.</p> <p>Says, “My dog was brave when he got his shots at the vet.”</p>



Kindness Tree

PBSLearningMedia.org Arthur Kindness Tree

<https://thinktv.pbslearningmedia.org/resource/arct14.pre.arttree/a-kindness-tree/>

Start a conversation about kindness. Ask your child about ways he is nice to others. For example, “What do you say to make your sister feel better when she's sad?” or “How did you help Grandpa when we visited him last week?” or “What special things can you do to show your friends you like them?”

Materials:

- Colored paper
- Scissors
- Tape
- Pen or pencil

Directions:

1. Trace or draw flowers on colored paper and cut them out. Make sure they are big enough to write a few words or a sentence.
2. Cut out a tree trunk shape and tape it to a wall. Or use a Christmas tree and hang flowers on the branches.
3. Cut leaves and branches. Ask your child to help you tape these to the “Kindness Tree.”
4. Explain to your children that this Kindness Tree will “bloom” when someone does something nice. Each day ask them to share ways that to be kind or helpful to a friend or family member -- or ways that a friend or family member has been kind to the children!
5. For each act of kindness, write a note on a paper flower or encourage your child to make drawings to illustrate the experience. Let your child add it to the tree and watch the Kindness Tree bloom with color.

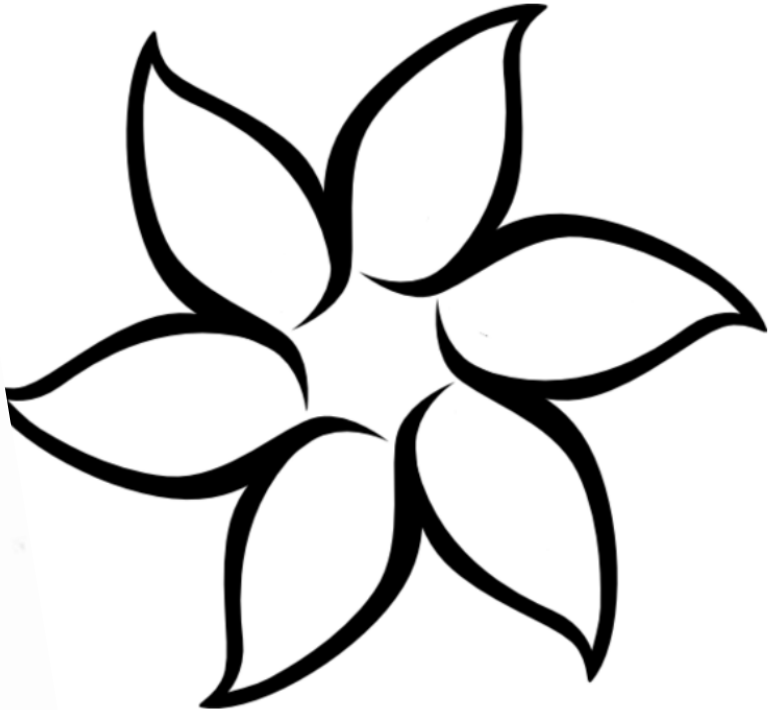
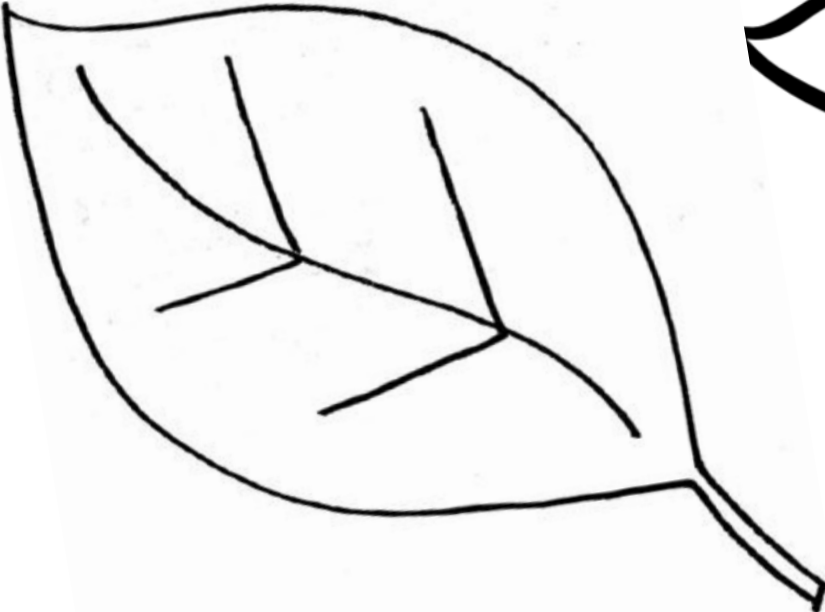
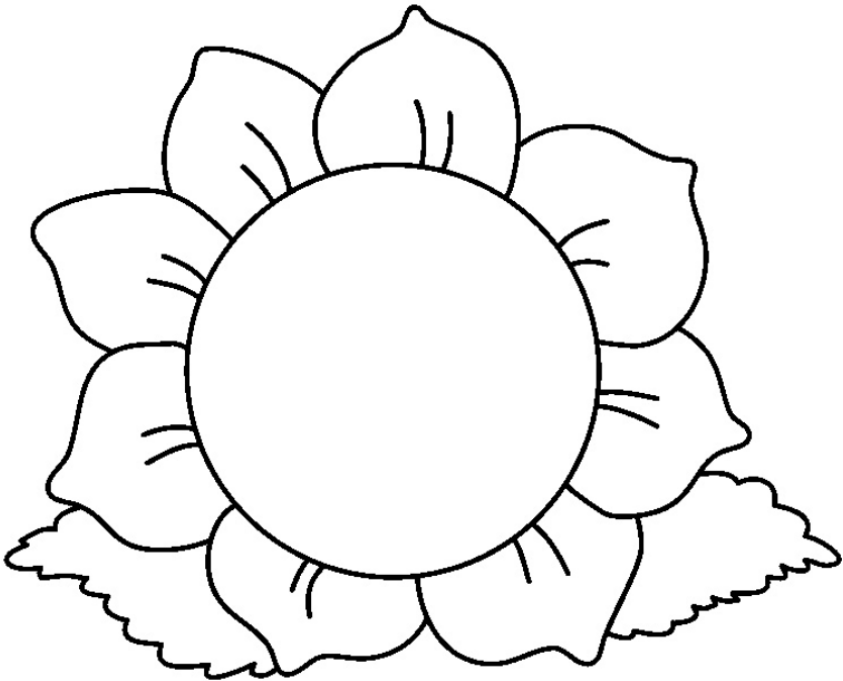
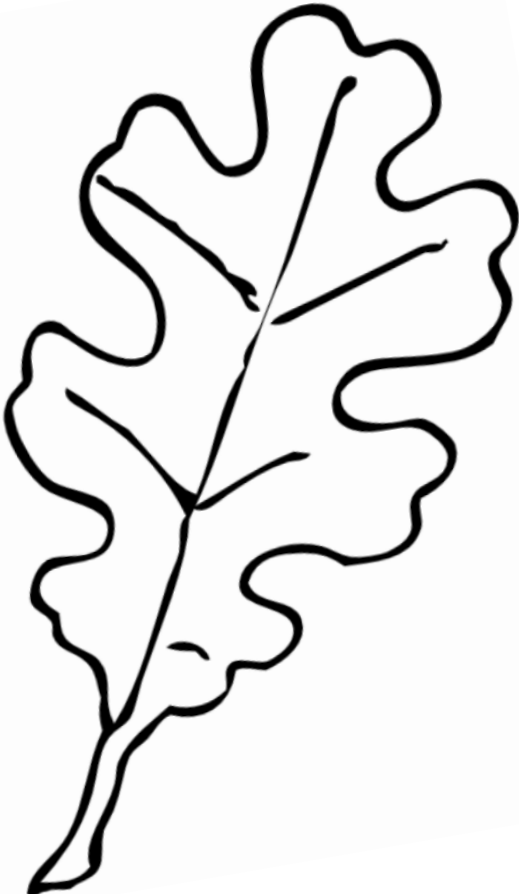


Kindness Jar

Or make a kindness jar, put a pompom or note into the jar every time someone shows kindness. When the jar is full of pompoms, have a celebration of some kind.

If you put names or notes into the jar, read off names at the end of the day, or after lunch to remind them who was being kind.

Leaf or Flower for Kindness Tree

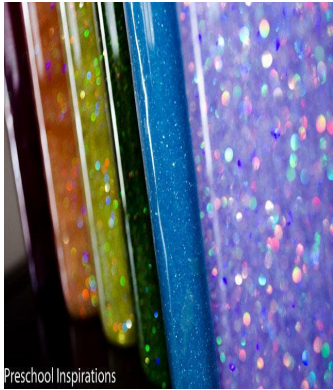


Making a Mindfulness Jar or Calming Timeout Timer:

<https://www.pbs.org/parents/crafts-and-experiments/make-a-mindfulness-jar-or-calming-timeout-timer>

Calm down jars provide healthy and effective ways for little ones to help soothe themselves, calm down, take deep breaths, and work through their emotions. Calm down bottles are just one tool in a toolkit.

Adapted from <https://preschoolinspirations.com/6-ways-to-make-a-calm-down-jar/>. Please visit her website for all six recipes. Only two are included on this handout.



Materials

- *Clean plastic bottles.* Any sleek water bottle will do. Voss Water bottles are on Amazon. They have a nice, big opening so that you could add objects. The lid is the same size as the base, so a child can easily flip it over and over. Buy the plastic ones.
- *Hot water*
- *Mixing Bowl (preferably one with a pouring spout for easy pouring)*
- *Whisk*
- *Liquid Watercolor or Food Coloring*
- *Fine Glitter* You can use fine, chunky glitter or any kind of glitter. Whatever catches your eye will look beautiful! Using glitter glue instead of fine glitter can cause the glitter to float longer, so keep that in mind when making your bottle. Mix glitter glue with

hot water so it mixes well.

How to Make a Calm Down Jar with Corn Syrup

Additional Ingredients: Light Corn Syrup (*clear colored*) The glitter suspends for about four and a half minutes, and it has the long-lasting swirls that I just love to watch. We've had ours for over two years.

Proportions: 1/3 corn syrup and 2/3 water plus a small container of glitter glue (from the dollar store)! Fine glitter is not the best option for this bottle unless you add some dish soap. See the troubleshooting tips on the website. Corn syrup is sold in the baking aisle.

Make it: Mix corn syrup, hot water, glitter glue, and liquid watercolor and whisk together. When everything is blended, mix vigorously then pour right away into the water bottle. The last stir helps the glitter transfer to the water bottle. Add more hot water to the mixing bowl if some glitter is stuck. Then clean the residual glitter out with a paper towel before rinsing again. Put the lid on and shake away to make sure your calm down jar is working its magic. If your bottle isn't quite right, see the troubleshooting guide. Allow the bottle to cool, glue the lid on with hot glue or super glue.

How to Make a Calm Down Jar with Liquid Soap

Additional Ingredients: *Softsoap (clear liquid hand soap)*

I get the clear kind in bulk from Costco since we use it on a regular basis, or this would work online. This glitter flows extra fast, and it still has the swirling effect for about a minute. If you want it to last longer, just add a bit of corn syrup or clear glue.

Proportions: ½ Softsoap and ½ water.

Make it: Mix the Softsoap, water, liquid watercolor, and glitter together. When everything is blended, whisk vigorously then pour right away into the water bottle. Put the lid on and shake to make sure your calm down jar is working. Secure the lid with hot glue or super glue.

[Katie T. Christiansen](#) Creator at [Preschool Inspirations](https://preschoolinspirations.com/)

Katie has spent 17 combined years in the Early Childhood field as a teacher, preschool owner, and educational writer. She has worked in profit and non-profit programs, and high-risk schools.



Kindness & Empathy Resources from PBS for Parents:

<https://www.pbs.org/parents/empathy>



KIND ACTS

BINGO

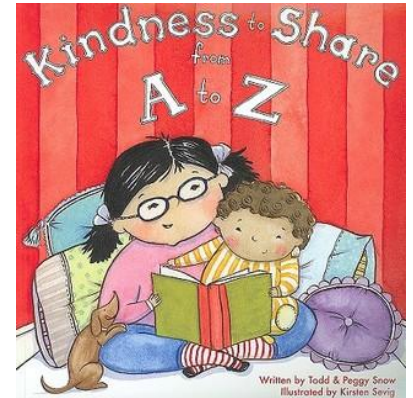
Eat lunch with a new friend	Take out the trash	Share your toys	Mail someone a letter	Help clean after a meal
Set the table	Make a card for someone	Pick up litter	Say 'please' and 'thank you'	Give a compliment
Say something nice to your parent	Tell someone they had a good idea today	Free Space	Give a hug or a high-5	Take care of a pet or plant
Help someone with a chore	Hold the door for someone	Make food for someone	Make a gift for your teacher	Apologize to someone
Take turns	Call a friend or family member	Read to someone	Help your teacher	Draw someone a picture

Share your completed card by tagging @PBSKIDS and use the hashtag #PBSKIDSbingo.

Top of Form

Books about Emotions:

- *The Color Monster: A Story About Emotions* by Anna Llenas
- *How Kind* by Mary Murphy
- *In My Heart: A Book of Feelings (Growing Hearts)* by Jo Witek and Christine Roussey
- *Moo Cow Meditates* by Kerry Lee MacLean
- *Quick as a Cricket* by Audrey Woods
- *Sumi's Worst Day of School Ever* by Soyung Pak
- *The Way I Feel* board book by Janan Cain



Books about Kindness:

- *It's OK to be Different: A Children's Picture Book About Diversity and Kindness* by Sharon Purtill and Sujata Saha
- *Kindness to Share from A to Z* by Todd and Peggy Snow
- *Kindness Starts with You – at School* by Jacquelyn Stagg
- *Positive Ninja: A Children's Book About Mindfulness and Managing Negative Emotions* by Mary Nhin
- *You, Me and Empathy: Teaching children about empathy, feelings, kindness, compassion, tolerance and Recognizing Bullying Behaviors* by Jayneen Sanders and Sofia Cardoso

Videos:

- Be Kind Online:
<https://woub.pbslearningmedia.org/resource/47a35461-b8db-4337-9fca-123676b38d85/47a35461-b8db-4337-9fca-123676b38d85/>
- Daniel Tiger's Neighborhood "Use Your Words & Say How You Feel" song:
<https://woub.pbslearningmedia.org/resource/aebdb366-08f8-42d4-a1e6-dc88fb9573a8/use-your-words-and-say-how-you-feel-song-daniel-tigers-neighborhood/>
- JR Martinez and Elmo, Feelings:
<https://woub.pbslearningmedia.org/resource/sesame-jr-martinez-feelings/jr-martinez-feelings-sesame-street/>
- Kindness in the Classroom Curriculum (videos and documents to support teachers):
<https://woub.pbslearningmedia.org/collection/kindness-in-the-classroom/>
- Mr. J videos: <https://wosu.org/classroom/drawing-with-mr-j/drawing-with-mr-j-prickly/>
- Sesame Street, Belly Breathe:
<https://woub.pbslearningmedia.org/resource/sesame-belly-breathe/belly-breathe-sesame-street/>
- Mark Ruffalo Empathy:
<https://woub.pbslearningmedia.org/resource/sesame-mark-ruffalo-empathy/mark-ruffalo-empathy-sesame-street/>
- Sesame Street, K is for Kindness: <https://youtu.be/IMGb4XhlotQ>
- Sesame Street Sharing Song:
<https://woub.pbslearningmedia.org/resource/sesame-sharing-song/sharing-song-sesame-street/>
- Sesame Street Song: Revealing Emotions and Self Awareness:
<https://woub.pbslearningmedia.org/resource/sesame-revealing-emotions/song-revealing-emotions-sesame-street/>

Apps and Games:

- Daniel Tiger for Parents App: <https://pbskids.org/apps/daniel-tiger-for-parents.html>
- Breathe, Think, Do with Sesame: <https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>
- Daniel Tiger's Guess the Feeling: <https://pbskids.org/daniel/games/guess-the-feeling>
- Daniel Tiger's Tea Party: <https://pbskids.org/daniel/games/tea-party>
- Daniel Tiger's Make a Card: <https://pbskids.org/daniel/games/make-a-card>

Web Resources:

WOUB-PBS and PBS KIDS Education Resources <https://www.learninglab.woub.org/>

- Resources from PBS KIDS and PBS Learning Media
- Monthly Activity Calendars
- COVID Resources for Kids/Families/Educators
- Program Schedules and Resources
- Future Workshop Information

Arthur Kindness Curriculum:

<https://woub.pbslearningmedia.org/resource/aim17-sel-welcometoaim/arthur-video-1-welcome-to-aim-arthur-social-and-emotional-curriculum/>

Arthur Interactive Story for Older Kids:

<https://woub.pbslearningmedia.org/resource/arct14-soc-artsofunny/so-funny-i-forgot-to-laugh/>

Arthur's Social and Emotional Development Collections:

<https://woub.pbslearningmedia.org/collection/social-and-emotional-development/>

Center on the Social and Emotional Foundations for Early Learning:

<http://csefel.vanderbilt.edu/resources/strategies.html>

- Book Lists
- Book Nook



Teaching Social Emotional Skills/Family Engagement Resources from NCPMI:

<https://challengingbehavior.cbcs.usf.edu/Implementation/family.html>

- Scripted Stories
- Feelings Charts
- Emotion Faces
- The Tucker Turtle Technique https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story.pdf

Sesame Street in Communities

<https://sesamestreetincommunities.org/>

- Topic and tons of resources that help kids (and parents!) with what matters most in young lives: health and wellness, social-emotional skills, and school readiness. All are critical to children's healthy development...and together they build the foundation for a happy, healthy life.

PBS for Parents (great resource for professionals too)

Practice Mindfulness With Belly Breathing

<https://www.pbs.org/parents/crafts-and-experiments/practice-mindfulness-with-belly-breathing>

Create Your Own Feeling Words Book

<https://www.pbs.org/parents/crafts-and-experiments/create-your-own-feeling-words-book>

Bake "Get Out the Mad" Cookies <https://www.pbs.org/parents/recipes/bake-get-out-the-mad-cookies>

Make a Bedtime Routine Book <https://www.pbs.org/parents/crafts-and-experiments/make-a-bedtime-routine-book>

Practice Self-Control by Playing Freeze Dance

<https://www.pbs.org/parents/crafts-and-experiments/practice-self-control-by-playing-freeze-dance>

Encouragement Jar <https://www.pbs.org/parents/crafts-and-experiments/encouragement-jar>