

Exploring Big Emotions

Facilitator Guide

Tiempo Tranquilo **teaches children to recognize and name emotions and introduces mindful strategies like deep breathing to manage strong emotions in a healthy way. This flexible workshop is designed to help caregivers, parents, and educators support children 4-8 in developing emotional regulation skills, confidence, and self worth.**

Workshop Goals

- **Help children recognize and name emotions like happy, sad, angry, and scared.**
- **Introduce mindful strategies like deep breathing to manage strong emotions in a healthy way.**

Important Links and Materials

- **Placemat coloring sheet**
- **Crayons**
- **Chime, timer, or other way to bring the group back together**

Emotion Wheel Activity

- **Mirrors**
- **Emotion wheel printed on cardstock**
- **Paper clip**
- **Pencil**

Calming Rock Activity

- **Paint pens**
- **River rocks**
- **Exemplar calming rock**
- **Small bowl to hold the wet rock**
- **Paper towels**

Book Recommendations

- ***I Need A Hug/Necesito Un Abrazo*** by Aaron Blabey
- ***My Big Feelings/Mis grandes sentimientos*** written by Sidney Hall Illustrated by Laura Watson
- ***The Feelings Book/El libro de sentimientos*** by Todd Parr

Note on Surveys

We've included optional pre and post survey samples for your use below. Encourage families to complete the pre-survey, if you choose to include one. Completing the pre-survey is essential as data collection allows you to identify the impact of the workshop. Remember to inform parents that there will be a parent/caregiver post-survey at the end of the workshop as well.

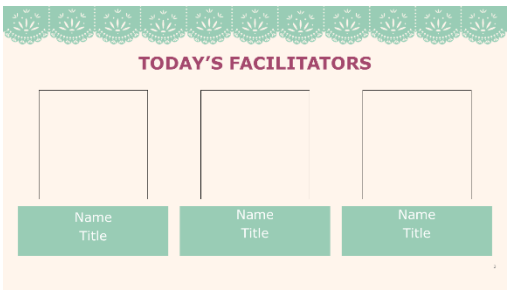
Sample Survey Questions

Pre-Survey

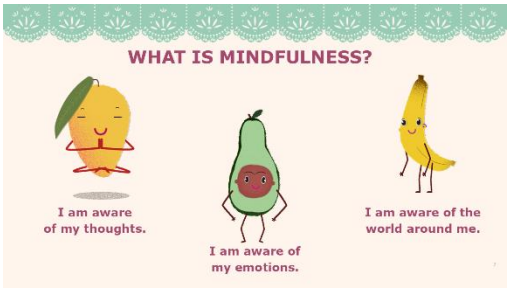
- **Parent/guardian name**
- **Email address**
- **I feel confident creating opportunities for my child to practice mindfulness and guided breathing. (*Very confident, somewhat confident, neutral, not very confident, not confident at all*)**
- **I feel confident in my ability to have conversations that involve calming big emotions through mindfulness practices like guided breathing. (*Very confident, somewhat confident, neutral, not very confident, not confident at all*)**
- **Where are you attending this workshop today?**

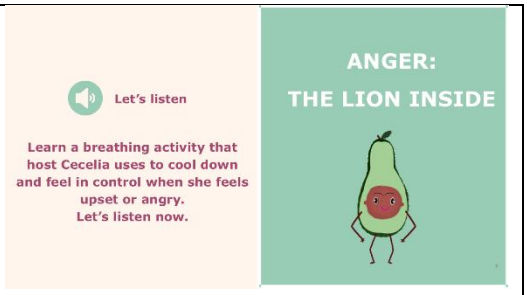
Post-Survey

- **Parent/guardian name**
- **What will you try at home that you learned in the workshop?**
- **After participating in the workshop, I feel MORE confident creating opportunities for my child to practice mindfulness and guided breathing. (*Very confident, somewhat confident, neutral, not very confident, not confident at all*)**
- **After participating in the workshop, I feel MORE confident in my ability to have conversations that involve calming big emotions through practices like guided breathing. (*Very true, moderately true, somewhat true, not true at all*)**
- **The activities motivated me to think of creative ways to model practices with my child like mindful breathing and calming exercises at home. (*Very true, moderately true, somewhat true, not true at all*)**
- **I believe today's workshop activities will help me practice mindfulness and breathing exercises with my child. (*Very true, moderately true, somewhat true, not true at all*)**
- **I learned new ways to make talking about big emotions and feelings easy to understand, fun, and engaging for my child. (*Very true, moderately true, somewhat true, not true at all*)**
- **The workshop was organized, and the facilitators were knowledgeable and clearly explained information. (*Very true, moderately true, somewhat true, not true at all*)**
- **What was your favorite part of the workshop?**

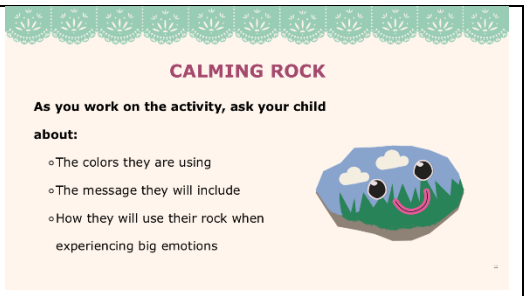
BLACK: NOTES **MAROON: SAY**	
Slide 1: Introduction • Welcome families to the workshop and invite them to sit wherever they would like. **TIP:** Set out the *Tiempo Tranquilo* Learning Placemats for sharing a meal or snack as families walk into the setting to set the tone. This hands-on workshop is part of *Tiempo Tranquilo*, which means "tranquil time" in Spanish. It is a bilingual immersive mindfulness podcast for families with children ages 2–8 and beyond to help them navigate the big feelings of life through storytelling and guided breathing exercises. There are 16 episodes in total, 8 in English and 8 in Spanish, and they range from 6-8 minutes in length, perfect for a car ride or to listen to while you're cooking dinner together.	
Slide 2: Pre-survey (Optional) • Ask families to fill out the presurvey as they get settled into their seats. Please take a moment to fill out the presurvey. This helps us continue to bring you these workshops and make improvements.	
Slide 3: Today's Facilitators (Optional) • Share your name, your role, and a bit about your background that relates to today's session. Welcome! We are excited to have you with us this morning. Let me introduce our team of facilitators for the day.	

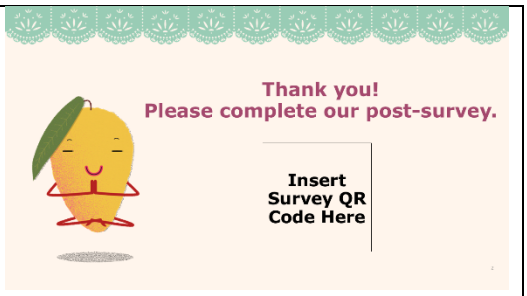
Slide 4: Learning Goals • Review the objectives for today's family workshop. In this workshop, we'll explore some of our big emotions by naming them and recognizing how those emotions can make us look and feel. We'll also learn some breathing strategies that we can use when we feel overwhelmed. Families play a crucial role in helping children understand and manage their emotions at home and we want to provide you with a few resources as support.	
Slide 5: Today We Will • Provide an overview of today's workshop to help families understand the flow of the session. Today we will listen to part of an episode from *Tiempo Tranquilo,* we will play an emotions guessing game, and we will make a calming rock that we can use whenever we are feeling overwhelmed and want to be mindful.	
Slide 6: Mindful Moment: Bubble Breathing • Take a moment to practice bubble breathing together as a group. • This mindful moment offers everyone a chance to practice a breathing strategy to add to their toolkit. Let's start off by calming our bodies and minds by taking some deep breaths. Before we listen to the podcast, let's have a mindful moment together with a breathing exercise called bubble breathing. How do you have to breathe when you're blowing a bubble? Do we breathe like this? (model breathing out strong and fast). No, we blow a bubble by gently blowing our breath, like this (model breathing like you're blowing a bubble).	

Let's see if we can breathe out slowly and gently as we practice our bubble breaths. Make sure you are in a comfortable position, you can sit, stand, or lie down. Now close your eyes and imagine we are breathing in and blowing out colored bubbles. Let's start with fire truck red bubbles, can you see it in your imagination? Breathe them in, 1, 2. Now blow out those red bubbles, 1, 2. Can we think of two more colors to practice our bubble breathing?	
Slide 7: What is Mindfulness? • Offer a basic explanation of mindfulness to establish a starting point for families who may be new to the idea. Mindfulness is being aware of our thoughts, feelings, and the world around us. (Ask families to repeat after you as you say the statements below and their accompanying gestures.) "I am aware of my thoughts." (Place both of your hands on the top of your head.) "I am aware of my emotions." (Place both of your hands on your heart.) "I am aware of the world around me." (Use both hands to make a circle around your body to represent the world.) This awareness can include taking a deep breath in and out to help your body feel calm and relaxed when you are experiencing a strong emotion. Can you think of ways you have practiced mindfulness at home or school?	
Slide 8: Listen to Today's Episode • Play the *Tiempo Tranquilo* Anger: The Lion Inside podcast episode for families, this serves as the anchor for today's	

learning. Click the teal button on the slide. **<u>TIP:</u>** • If the audio clip on the slide does not work for any reason, use one of the links below. For the English episode, play from 1:30-4:30. LINK: Anger: The Lion Inside podcast **OR** https://www.kera.org/podcasts/tiempo/episode-5-anger-the-lion-inside/ Now that our bodies are calm, let's listen to the *Tiempo Tranquilo* podcast. Today's episode is called *Anger – The Lion Inside*. As you listen, try to pay attention to how Cecelia handles anger and follow along as she introduces us to some ways that we can handle strong emotions in a positive way. Feel free to continue to color on your placemat or sit comfortably in your chair or on the floor.	
Slide 9: Tiempo Talk: Whole Group Discussion • Discuss the episode contents with families and children using the provided discussion questions, this is the first part of the exploration of emotions and self-regulation. • As a facilitator, aim to understand the strategies that families are already using to navigate strong emotions such as anger. In the *Tiempo Tranquilo* podcast episode, Cecelia, our host, was feeling mad. Has anyone in here ever experienced being mad or angry? I've been angry before too, but what I love about Cecelia is that she took the time to step back and calm down using her breathing strategy. (Lead into discussion questions).	
Slide 10: Emotion Wheel Game • Introduce families to the game and explain its purpose for the lesson.	

• The game is a hands-on way of helping children and families to understand emotions and how to identify social cues and facial expressions. **<u>Tip:</u>** Before releasing families to do the activity, let them know how you will bring them back together. It might be a chime, a timer, or an attention grabber. Make sure they know what to listen for so they can come back together. **<u>Tip:</u>** Pass out one of the following per family: a mirror, copy of the emotion wheel, a paper clip, and a pencil. Games are a fun way to learn! We will play the emotion wheel guessing game to help us better understand emotions and learn how to identify the social cues and facial expressions that can come with that emotion. First, we will place the paper clip in the center of the wheel and use the pencil tip to hold the paper clip in place as a spinner. Spin the paper clip to land on an emotion. Next, practice making the faces on the emotion wheel. What do you notice when you look in the mirror? Can you think of a time that you experienced that emotion? After you have practiced each emotion, you can play a guessing game to see if you can guess each other's emotions based on the faces you make.	
Slide 11: Calming Rock Craft • Bring families back together using the attention grabber. • Introduce the activity to families and provide them with an exemplar calming rock created by someone on the facilitation team.	

Tip: Before releasing families to do the activity, let them know how you will bring them back together. It might be a chime, a timer, or an attention grabber. Make sure they know what to listen for so they can come back together. One way we can be mindful is by using breathing exercises. Another way is by having an item that reminds us to be aware of the world around us. Today, we're going to create a calming rock. You can hold it and rub the surface or read the affirmation on top when you are experiencing a strong emotion like anger. As you work on the activity, think about what colors you will use, what message you might want to include, and how you will continue to use your calming rock when you are angry, mad, sad, or experiencing a strong emotion.	
Slide 12: Let's Reflect & Share • Use your attention grabber or call back strategy to bring the group back together. • Invite families to share their rocks and reflect with others on how they will use mindfulness at home. You all made some incredible calming rocks and I heard lots of ways that you'll use your rock when you're feeling a big emotion. Let's share our calming rocks with two new friends and tell them how you and your family plan to use mindfulness to feel calm and happy at home. Where will you keep your rock? Thank you all for sharing! We hope you have learned some new mindfulness strategies and have identified how different emotions can make us feel!	
Slide 13: Post-survey (Optional)	

• Ask families to fill out the post-survey before leaving the workshop. Please take a moment to fill out the post-survey. We'd love to hear what you thought of today's workshop! As we mentioned at the beginning, this helps us continue bringing you these workshops and making improvements.	
Slide 14: Thank you for joining us! • Thank families for joining your workshop and invite them to check out more episodes of *Tiempo Tranquilo*. Thank you for joining us today! We hope you enjoyed your time with us and learned new strategies to manage big emotions anytime, anywhere! If you would like to learn more about *Tiempo Tranquilo*, scan the QR code for more episodes.	
Slide 15: Credits	