“Discipline isn’t something you do to children, it’s something you develop within them.”
- Dr. Becky Bailey
Name it to tame it: Teaching children to manage their emotions
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Before you begin to use the Feeling Buddies—Read Managing Emotional Mayhem by Dr. Becky Bailey and watch the DVD that is found at the back of the Feeling Buddies Curriculum.

Goals
- Teach basic self-regulation skills and coach children to use these skills with their Feeling Buddies®.
- As the children help their buddies handle tough emotions, they strengthen self-regulation skills within themselves.
- As you coach children in the process, you strengthen your own self-regulation skills.

Introducing the Feeling Buddies®
- When setting up your Safe Place® leave space to display the Feeling Buddies® and the posters for I Calm, Caring Connections and I Choose to Think. It is best to keep them out of the Safe Place® until you have taught your children how to use the materials.
- As you introduce the Buddies display them in their labeled pockets on the board in the circle area.
- Introduce them in the order they are in the curriculum. Happy and Sad; Angry and Scared; Calm and Disappointed; Frustrated and Anxious. For children 3 years and younger, only introduce the four main feelings-Happy, Sad, Angry and Scared.

Five-Steps to Self-Regulation
Chapter 4 Managing Emotional Mayhem
1. **I AM** Become aware of your own emotional triggers
2. **I CALM** Breathe and notice to become aware of your emotions
3. **I FEEL** Name the feeling. Name it, tame it, claim it!
4. **I CHOOSE** After you name the feeling you are able to reframe it
5. **I SOLVE** Taking action based on the wisdom of our feelings

Coaching Your Buddy
Page 151-154 Managing Emotional Mayhem-Coaching Goals and Strategies Chart
- This step is critical in the development of self-regulation
- Whole Group
- Model with child as whole group or small group watches
• Watch for a child who is doing it independently
• Add Buddy Coach as a classroom job
• Let’s practice with a partner...

“Hello ________” (Angry, Calm, Sad, Happy....)
“Welcome ________”
“Your face is going like this.”
“You seem ______.” (Name Feeling)
“Breathe with me. You are safe.”
“You are safe. You can handle this.”

**Using Buddies in the Safe Place®**
• Wait until you are on lesson 2.4 to put feeling buddies in the Safe Place®
• The length of time it takes for a child or class to begin helping (coaching) their buddy independently varies so you will want to observe and listen as your students use the Safe Place

**Making Mistakes**
• OOPS! a lot....
• It is a journey. What can you learn along the way about yourself and your children?

**Safe Place®**
• Learning center for teaching emotional control and self-regulation
• Sacred space where children are instructed, encouraged and supported in attending to their own emotional upset
• This structures help us strengthen the Conscious Discipline skill of Composure and our power of Perception.
• Chapter 9 in *Creating the School Family* by Dr. Becky Bailey

Classroom Edition Feeling Buddies Self-Regulation Toolkit is available in English or Spanish