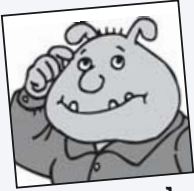


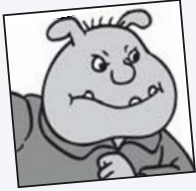
Dealing with Feelings

This unit helps children learn to label their feelings and express them in appropriate ways. To introduce this topic, you may want to show the video or read the book, *Arthur and the True Francine*. Share Background Information with the children as you do some of the activities on page 13.

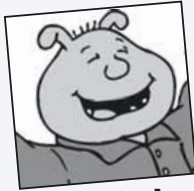
The Many Moods of Binky™



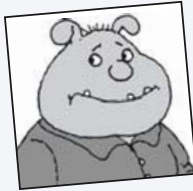
confused



angry



excited



embarrassed

Who knew you could have so many different feelings?



Background Information

Feelings. Learning to recognize, label, and deal with our own feelings is a skill we continue to develop over our lifetime. Here are some important understandings you can help kids develop.

- **Feelings change.** During a day, most people experience lots of different feelings, both good and bad.
- **It's OK to feel angry or upset.** While we can't really control our feelings, we can learn to control our actions and that's what is important.
- **When we feel bad, we can find ways to make ourselves feel better.**

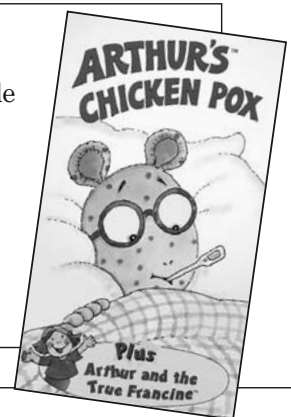
Kids as problem solvers. Strong emotions can make us feel out of control. Kids are more able to stay in control when they can use words to describe their feelings, figure out what makes them feel that way, and make decisions about how to respond. Dramatic play and discussions about how to deal with arguments and upsetting situations can help kids develop ideas about things they could do or say. When a difficult situation arises, kids can think about these options before they respond. For more ideas, see the parent and teacher books in Read All about It (page 13) and the ARTHUR™ on the Web resources listed below.

Controlling anger. Self-control is a skill that children acquire gradually as they grow older. Parents and caregivers can support that process by making sure that kids get enough physical activity and sleep (tired kids get frustrated easily), and by helping them find healthy ways to express feelings. For suggestions, see Tips for Parents and Kids on page 16. We also help kids when we set clear limits for acceptable behavior and intervene in firm, calm ways when they lose control. We can assure them they have someone to talk to and a safe place to go.

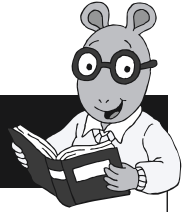
ARTHUR on the Web. For tips on helping kids deal with conflict and anger, go to the ARTHUR Web site: pbskids.org/arthur. In the Grown-Ups area, check out the Parent Guides: *The Ups & Downs of Friendship* and *Sisters and Brothers: Working Things Out*. (Available in English and Spanish.)

Arthur and the True Francine™

In *Arthur and the True Francine*, the second episode on this home video, Muffy cheats on a test and lets Francine take the blame. Pause the video and have children suggest ways to solve the problem. Ask: *How does Muffy (or Francine) feel? Why? What could she choose to do or say? How do you think the girls will work out the problem?*



Activities



Read All about It

A to Z: Do You Ever Feel Like Me? An Alphabet Guessing Book by Bonnie Hausman

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst (Also available in Spanish: *Alexander Y El Dia Terrible, Horrible, Espantoso, Horroroso*)

Feelings by Aliki

Jamaica and Brianna by Juanita Havill

When Sophie Gets Angry-Really, Really Angry by Molly Bang

FOR TEACHERS AND PARENTS

Creative Conflict Resolution: More Than 200 Activities for Keeping Peace in the Classroom by William J. Kreidler

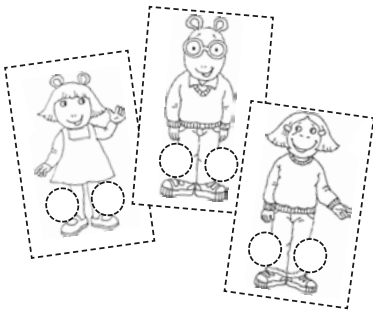
What to Do when Kids Are Mean to Your Child by Elin McCoy

Name that feeling. Being able to name your emotions is a first step towards understanding what makes you feel that way. The book *A to Z: Do You Ever Feel Like Me?* is a terrific tool for building children's vocabulary. As you read, pause to let kids guess each emotion. Ask: *Have you ever felt (jealous, impatient, grumpy)? What made you feel that way? When you're (jealous), how can you make yourself feel better?* Have children mime or role play feelings for the others to guess.

Head to toe. Lead children in a visualization activity. *Imagine that you are very angry. Your mouth feels angry. Your teeth feel angry. Your eyes, cheeks, and nose feel angry. Your shoulders, arms, and hands are angry. Your stomach, legs, and feet are angry... Now you're going to relax, part by part. Your mouth relaxes and feels peaceful and calm. Your teeth relax... etc.* When children are completely relaxed, suggest that this is a technique they can use to calm themselves down when they feel themselves getting angry.

Say it with art. Have children create posters representing different emotions. What colors will they use to show anger? Sadness? Happiness? Tape paper to the wall so children can color or paint with big gestures. Play angry, sad, or happy music to inspire your artists.

Puppet play. Use the puppets on page 31 to act out a skit based on a familiar classroom or playground conflict. Pause mid-action and have the puppets ask the kids for advice. Encourage kids to put on puppet skits based on their own experiences or ARTHUR™ episodes. For example:



- D.W. is acting mad at everyone. Underneath, she's feeling miserable because she wasn't invited to a birthday party. (*D.W.'s Very Bad Mood*)
- Arthur loves playing baseball, but he is really a terrible hitter. The team keeps losing. It's driving Francine crazy. How can Francine and Arthur work out the problem? (*Arthur Makes the Team*).

Draw and write. Have children draw a picture about an event that made them feel a certain way. Let them write or dictate how they felt and what happened.

Today, I felt embarrassed and mad. I tripped over a chair. Everyone laughed.

Family activities. Introduce the Draw and Tell Family Activity Sheet to the class. Send it home along with the Tips for Parents and Kids. English and Spanish language versions are available on pages 14–15. An additional Family Activity Sheet, Feelings Chart, is also available online. Visit the ARTHUR Web site at pbskids.org/arthur/grownups for versions of both sheets in English, Spanish, Chinese, Vietnamese, and Tagalog.

Play the conflict resolution game, "You've Got to Be Kidding," on the ARTHUR Web site: pbskids.org/arthur/games

