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# Most Exceptional ME

## Star

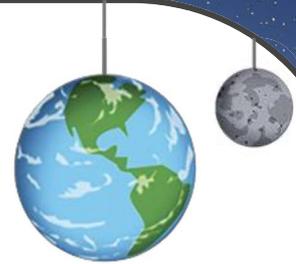
Age range: 3+

Time to complete: 10 minutes

- Print “Most Exceptional ME” template
- Have the child write their aspirations in the star or draw a picture of what they would like to be when they grow up
- Personalize and decorate the star
- Hang star in a place the child will see often as a personalized piece of encouragement



# Self-Regulation



## My Emotion Journal

Age range: 5+

Time to complete: 30 minutes

### Why

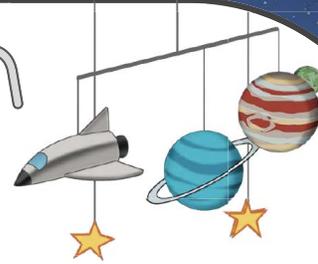
It is important for children to not only learn to recognize their emotions, but how to navigate their emotions. By having the child make an emotion journal, they will learn to take ownership over their emotions and have a personalized journal to use during times of need.

Tip: You can complete this journal over time with the child as they learn to identify their emotions.

### How To

- ★ Print “My Emotion Journal” template
- ★ Choose one emotion per page
- ★ Fill in the circle with face depicting emotion
- ★ Have the child describe what the emotion looks and feels like
- ★ Have child describe strategies to work through their emotions

# Self-Regulation



## Breathing Exercises

Age range: 3+

Time to complete: 1-2 minutes

Breathing is an excellent strategy for a child to use when experiencing overwhelming emotions including sadness, anger, frustration, nervousness, fear, embarrassment, or even excitement.

You can encourage the child to trace their fingers or your fingers during inhalation and exhalation. While tracing fingers moving upwards, prompt child to take a deep breath in. Once the child reaches fingertip, prompt child to exhale while moving down to the bottom of the finger. Continue tracing all fingers until five breaths are taken. This technique will help the child calm down their body.



# Social Emotional



## Emotion Show & Tell

Age range: 6+

Time to complete: 30 minutes

### Why

It is important for children to learn to recognize and identify their emotions to better understand how to work through them.

### How To

- Print "Emotion Show & Tell" template
- Identify each emotion Sam is experiencing by having the child write down the emotion
  - Tip: Provide a word bank of emotions to make task simpler
- Ask child to "show" you that emotion with a facial expression and/or body movement (e.g, big smile, clapping, frown, grunt, hands on head etc.)
- Ask child to describe (verbal or written) a personal experience about when they felt that specific emotion or to describe a scenario in which they would feel that emotion
  - Example: "Tell me about a time you felt sad" or "What would make you sad?"
- Have child describe strategies to work through each emotion or come up with strategies together

# Receptive Language



## Reading Comprehension

Age range: 3+

Time to complete: 30 minutes

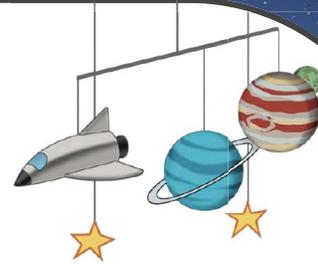
### Why

Receptive Language refers to a child's ability to understand what is spoken. Reading comprehension is essential to a child's development as it builds upon their ability to understand spoken language including what is read to them. It is helpful to ask questions throughout the story as it not only keeps the child engaged but guides them as to what information is relevant and pertinent to understanding the story. These skills enhance critical thinking and the ability to have a conversation.

### How To

- Print "Reading Comprehension" template
- Review all questions prior to reading child the story or to asking the child the questions
- Ask the child the questions as they come up while reading or for older children, ask questions following the presentation of the story
- If the child struggles with coming up with the correct answer, provide multiple choice options or re-read the answer within the story and ask the child the question again immediately after reading the answer

# Expressive Language



## Verb Gazing & Regular Verbs

Age range: 5+

Time to complete: 20 minutes

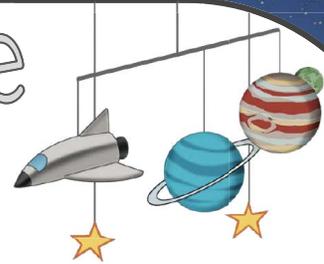
### Why

Expressive language refers to a child's ability to express themselves through words/signs. Verbs are an essential component in effective communication and formulating sentences. Verb tenses are important as they indicate when an event has occurred.

### How To

- Print "Regular Verbs" template
  - Tip: If introducing verbs, begin with "Verb Gazing" template
- Have child complete the word with correct tensing
  - For example, when working on past tense verbs, adding "ed" or if working on present progressive, adding "ing"
- Have child write conjugated verb
- Encourage child to then formulate a sentence using the verb or reference the book (verbal or written)
  - For example, "Sam walked to class" or "Sam is walking to class."

# Expressive Language



## Story Retell

Age range: 6+

Time to complete: 30-45 minutes

### Why

It is important for children to retell a story as it allows them to organize, summarize, and describe the significant elements and events that occurred. The ability to retell a cohesive story also improves a child's comprehension and ability to write their own story.

Tip: For children younger than six years, give them the book and have them describe what is happening on each page before or after you have read the story

### How To

- ★ Print "Retell Graphic Organizer" template
- ★ Fill in each story element with key words and notes
- ★ Use organizer as cue during story retell (and book, if needed)
  - Begin retell with characters and setting (e.g., "This story is about a boy named Sam who goes to school") and progress into problem (e.g., "Sam is having a hard time with his classwork and is feeling upset") and solution (e.g., "Sam learns to take deep breaths, take his time, and never give up")
  - If child is older, include the three challenges Sam faced in the classroom (i.e., date, reading, math)