

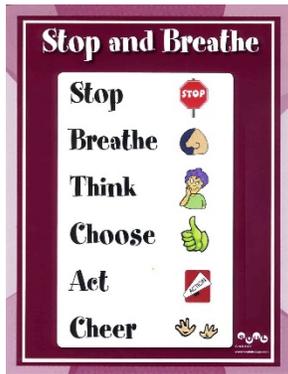
Soul Shoppe

Check In (Emotional Self-Regulation)

September 14, 2015



Soul Shoppe kicks off the school year with an assembly called Check In. During this session, the students learn how to take care of each other by using the *Stop & Breathe* tool to practice and pause when they are upset. In addition, students learn to identify feelings in their balloon and how to take action to feel better.



STOP & BREATHE

Stop: What am I doing?

Breathe: Take a deep breath.

Think: What are my choices?

Choose: I'm going to make the best choice where everyone wins!

Act: On the choice.

Cheer: Good job!

Check In Activity At Home:

Here is an activity/discussion you are welcome to do at home with your child.

Set Up: We all have feelings. Every one of us gets sad, mad, lonely or afraid sometimes. Feelings aren't a bad thing. They are a big part of what makes us human. But if we don't express our feelings, they get stuck inside a place we call our "balloon." Our balloon can hold a lot of feelings, but eventually it gets so full that we start "leaking" our hurt feelings on others.

Role Play: Tell a story about a time when you were holding onto so many feelings (anger, sadness, fear, loneliness...) that it changed the way you were treating other people (leaking). Ask them...How you ever felt this way (for each of the feelings)? Have you been around someone who had so many of these feelings in their balloons that they leaked some on you (maybe a friend? Or maybe a family member?) Have you leaked your balloon on someone else either at school or at home?

Closing: End with the following discussion. Can you imagine what it would be like at school if everyone came to school on the same day with full balloons?! Do you think you might have a hard time learning? Do you think recess might be a little crazy? That is why it is important to empty our balloons.

Thanks so much!

Briann Estep

Assistant Principal

