

### PREK - 2ND GRADE



### Emotional Building Blocks

				
Angry	Bored	Confused	Determined	Excited
				
Frustrated	Grumpy	Happy	Interested	Joyful
				
Kooky	Loving	Miserable	Nervous	Okay
				
Proud	Quiet	Relaxed	Sad	Tired
				
Uncomfortable	Victorious	Worried	Xpress Yourself	Yucky
				
Zen				

# Emotional Building Blocks®

### What are the Emotional Building Blocks?

The Emotional Building Blocks® include each letter of the alphabet, with every letter tied to a different feeling word. The Emotional Building Blocks help us develop our emotional vocabulary, so we're better equipped to identify how we might be feeling in any given moment, and more empowered to communicate that with others.

### 3RD - 4TH GRADE



### Emotional Building Blocks

				
Anxious	Brave	Confident	Disappointed	Enthusiastic
				
Friendly	Guilty	Humiliated	Inspired	Jealous
				
Kind	Lonely	Marvelous	Nauseated	Outraged
				
Peaceful	Quirky	Relieved	Surprised	Torn
				
Uncertain	Valued	Wise	Xpress Yourself	Yearning
				
Zany				

**10 EMOGERS**



Breathe 5 Times



Count to 10



Smile, Hug, or  
Fist Bump



Walk Away Quietly



Drink a Glass of Water



Meet in the Middle



Put Yourself in  
Someone Else's Shoes



Active Listening



Look for Help



Tighten and release



PREK - 4TH GRADE

**What are the Emogers®?**

These are the strategies that we learn that help us navigate personal and interpersonal challenges. There are lots of ways we can use each of the Emogers. Work with your students to identify which ones they find the most helpful!

**Emogers®**

**11 EMOGERS**



Breathe



Name It



Write it Down



Be Creative



Go for a walk



Get Perspective



Celebrate Yourself



Sleep on it



Talk it out



Tighten and release



Take Action



5TH - 8TH GRADE

# Power of Pause

## What is the Power of Pause?

The Power of Pause recognizes the value of taking a quick break to breathe, reflect, and/or move. Our Power of Pause exercises are great for times of transition during the day (after recess, before dismissal, or even after a fire drill!). We're including a selection below, which may serve as helpful reminders of ways students can regain calm throughout the day!



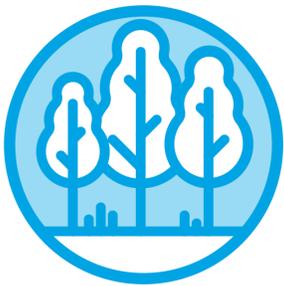
### Heart to Heart

Hold your hands over your heart. Paying attention to your heartbeat and breath, breathe in and out slowly.



### Smell the Roses

Raise your arms over your head like the petals of a flower as you breathe in. Stretch your arms forward as if you're blowing out petals as you breathe out. Let's smell the roses together!



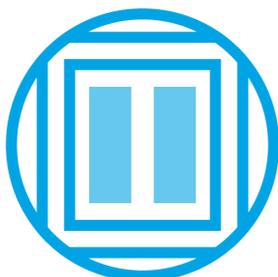
### A Walk in the Woods

Close your eyes and imagine that you are in a forest. As you breathe in, imagine leaves falling from the trees. As you breathe out, blow these leaves away.



### Ballooning

Sit up straight. Notice how your stomach inflates like a balloon when you breathe in. Pretend as if you're holding a balloon between your hands. As you breathe in, pull your fingers apart as if the balloon is expanding between your hands. As you breathe out, bring your hands back together.



### Pause Your Paws

Notice the pause in your breath between inhaled and exhaled - relax during that time.