



Dear Parents,

We're looking forward to seeing your children at our next workshop, "Fiery Feelings." We will focus on **emotional self-awareness** (ability to recognize and understand their own feelings and identity) and **self-management skills** (ability to regulate and monitor behaviors, feelings and impulses in order to get needs met and make responsible decisions). At the Fiery Feelings workshop, your students will learn about what feelings like anger, frustration, worry and annoyance feel like in the body, and how to peacefully manage those big feelings. You play an important role in supporting your children's social emotional development at home and across time, so we hope that these tools, concepts and stories will be supportive of the work you're already doing with your students.

### Tools & Main Concepts Introduced

The main tool your students will learn is the **Stop & Breathe**. This is a tool to use when things begin to feel fiery and children (and grown-ups!) need a moment to regroup and calm down. It has four parts:

- **Stop** and focus your attention.
- **Breathe** deeply, use a mindful breath to calm yourself and get back to thinking mode.
- **Think** about what feelings are in your balloon and what you might need.
- **Take Action** with a responsible choice that makes the situation better!

The main concept we will be working with is that **fiery feelings** like annoyance, anger, and frustration are normal and useful. Emptying techniques like breathing can help us to feel calm. We can also help others get centered when they can't do it themselves.

- Children will learn two mindful breathing techniques to help when they have big feelings, including the **Starfish**: Using the index finger of one hand, trace up one side of each finger on the other hand, inhaling slowly. Exhale slowly while you trace down the other side.
- Children will learn specifically about noticing and managing their worries (through a story about worry monsters) and noticing and managing their feelings through a story on how to notice when their "inner dragons" are becoming fiery and how to tame them.

When your children come, please ask them what they learned! You can ask about the worry monsters or inner dragons, and model vulnerability to your children by sharing how it feels when you get worried and what you like to do to help yourself regroup. Discuss how you could use the Stop + Breathe and mindful breaths as a family- and we invite you to create your own family breath. Take a picture of you and/or your family doing it, and post it to our Facebook page here:

[www.facebook.com/SoulShoppe/](http://www.facebook.com/SoulShoppe/) Feel free to let us know what your kids think and send us any questions you have!

Warmly,

Chelsey & Ravi

[chelsey@soulshoppe.com](mailto:chelsey@soulshoppe.com) & [ravi@soulshoppe.com](mailto:ravi@soulshoppe.com)