

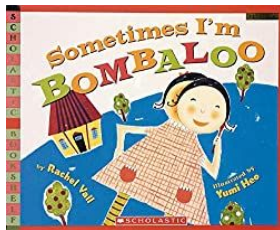
# PreK Social/Emotional Activities

## Dealing with Disappointment/Frustration/Anger

### Part 2

Because being upset can look differently from one child to another, or one situation to another, let's continue to explore activities that can support your child in developing strategies to handle all types of challenging moments.

Our story for the week:



Sometimes I'm BOMBALOO, by Rachel Vail (a Scholastic book). Five year old Katie describes herself as a pretty good kid -- most of the time. But when her little brother knocks down her beautiful castles she has a hard time using her words. She gets so mad, she's "Bombaloo"! But, after a little time to herself to reflect, she can gain some perspective and move on. Sharing hugs and sorries with her family, help Katie feel like herself again.

Here is the link to the story:

<https://www.youtube.com/watch?v=4GJ9mWusTec>



After watching the video, talk with your child about what he/she thinks it means to feel “bombaloo”.

Ask your child:

- What makes you feel angry or upset?
- What do you do when you feel angry or upset?
- How do you stop being angry or calm yourself down?
- Does it feel a little scary when you are angry or upset?
- What are some different ways you might handle situations that make you angry or upset, without going bombaloo?

Additional activities to support your child in developing strategies for managing feeling upset, disappointed, frustrated or angry...



Continue to work on **naming emotions** using the Feeling Faces by playing “Story Emotions”...

Place 3-4 cards face up in front of your child. Using a small toy such as a Lego character or figurine, tell a short story about the toy. For example – “Sophie lost her dog at the grocery store.” Ask your child to put the toy on the card that shows how Sophie would feel if this happened to her. Continue with a variety of stories and different emotions.



[Inside Out: Guess the Feeling](#) game - Watch this video with your child. Begin by telling them to watch the video and try to **guess how the characters are feeling**.



Provide a **cardboard box for children to decorate** as the Bombaloo House. This can be a place to go when your child is feeling bombaloo or he/she just wants to be alone.



Tucker Turtle: a strategy for calming down if angry/upset

Read the story with your child. Print a copy of the turtle technique steps to put inside your child's Bombaloo house to help him/her remember Tucker Turtle's secret **way of calming down**. Encourage your child to "try out" the Bombaloo house by thinking of a time when he/she might feel bombaloo. Your child can then go inside the Bombaloo House and try to calm down (like Tucker Turtle) and think of a way to feel better. This activity could be used regularly for "upset" times.

Here is the link to Tucker Turtle: a book to print, along with teaching tips and printable posters

[http://www.nysecac.org/application/files/3015/6346/2608/TuckerTurtle\\_Story.pdf](http://www.nysecac.org/application/files/3015/6346/2608/TuckerTurtle_Story.pdf)



Make a “Feel Better Book.” Remind your child how Katie started to feel better when something funny happened and she laughed. Ask your child to think of things that make him/her feel better when they are angry, frustrated, disappointed, or just sad. Have your child draw pictures of things that make him/her feel better when they are upset, cut pictures from magazines, take pictures and print them. Compile the pictures to make a “Feel Better” book of all the things that make your child happy. Select a special place in your home to keep this book, and reference it, as needed.

### **Parent resource:**

Backpack Connection: How to Help Your Child Recognize and Understand Frustration

[https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection\\_behavior\\_understand-meaning.pdf](https://challengingbehavior.cbcs.usf.edu/docs/backpack/BackpackConnection_behavior_understand-meaning.pdf)

Many thanks to Rachel Vail, YouTube, [challenging behaviors.org](https://challengingbehaviors.org), New York State Early Childhood Advisory Council, and the MAUSD PreK Feelings Unit for ideas shared.