

# How do you feel?

An Easy and Comprehensive Curriculum  
for Teaching Self-Regulation to Children



# CoordiKids

**What's Included: The *How Do You Feel?* Curriculum from CoordiKids**

- Introduction for teachers
- 6 Lesson Plans
- Visual Aids (separate document)
- Enough "Happy" cards for all but one student, plus a single "Angry" card (Included with Visual Aids, need to be cut out)
- The *How Do You Feel?* Chart
- Worksheets for Student Completion (separate document)
- A Printable *How Do You Feel?* Chart for Each Student to Personalize
- What is *CoordiKids?* (included with worksheets document)

**What you'll need:**

- A print-out of the complete lesson plan guide for teachers (pages 8-27)
- A print-out of the visual aids or a screen on which you can show them to the class
- A stereo or a way to play music, and a fun song your students might enjoy listening to
- Enough space for children to move around to try some of the exercises
- A large cushion or pillow (or a few) that children can kick

## How Do You Feel? An Easy and Comprehensive Curriculum for Teaching Self-Regulation to Children






One of the most important lessons for our kids to learn is that of self-regulation; children struggle with managing their emotions on a daily basis as they interact with family, friends and teachers. So, this month, we're focusing on offering strategies to elementary school teachers for teaching self-regulation to children.

A few months ago, we introduced a brand new tool for parents and teachers to use when discussing emotions and self-regulation with children. The *How Do You Feel?* Chart is a visual aid that categorizes 5 different emotional states. Using our friend Codi, the chart describes each emotional state and offers tips for helping children transition from one end of the emotional spectrum to a more neutral, calm and happy state.

**CoordiKids**

**HOW DO YOU FEEL?**  
Find the child that looks like you

**CoordiKids.com**  
© ALL RIGHTS RESERVED

 Sleepy / Tired Sick / No energy	 Bored / Sad Cannot focus on work Wants to get out	 Happy / Calm Ready to learn Reay for fun / Focused	 Worried / Fed-up Frustrated / Silly Too excited / Fidgeting	 Angry / Yelling Fighting / Screaming Crying / Very scared
--	---	--	--	---

**TRIAL SOME STRATEGIES TO BE LIKE HAPPY CODI**  
Write down below what works for you

10 x star jumps Go for a walk Log rolling on the carpet CK Classroom Course	Listen to music Stretch arms Use a fidget toy CK Classroom Course	Play with others Learn Work Smile and laugh	Take a break / ask for help Deep breathing Push-ups CK Classroom Course	Walk away from others Go to your safe place Hit / kick a ball or big cushion Go for a run / walk

Now, we're happy to announce the next development in our series of downloadable tools for teachers: The *How Do You Feel?* Curriculum for teaching self-regulation to children.

*How Do You Feel?* is a curriculum designed for elementary school teachers. The kit is geared toward helping children ranging in ages from 4-12, or in the following grades, respective to region:

For **UK teachers** of Preschool, FS1, Key Stage 1, or Years 1 - 9 – fulfilling portions of the UK Core Curriculum: Personal, Social, Health & Economic Education non-standardized recommendations.

For **Australian teachers** of Preparatory, Kindergarten – Primary School – fulfilling portions of the Australian Core Curriculum: Health & Physical Education (ACPPS017, ACPPS020, ACPPS034, ACPPS038, ACPPS054)

For **American teachers** of Preschool, Pre-K, or Elementary School - fulfilling US Core Curriculum: Physical Health Standards (NPH-H.K-4.1, NPH-H.K-4.5, NPH-H.5-8.5)

For **South African teachers** of Kindergartens and Elementary Schools, Grade R – Grade 6 – fulfilling portions of Life Skills components for Grades R-6

### **Why Teaching Self-Regulation to Children is Important**

The aim of teaching self-regulation to children is to help students to put a name with the emotions they feel. Once we can name our emotions, it's easier to know what to do next to work their way back to a state of calm, happiness. Having conscious awareness of emotional states and the ability to regulate their emotions in various situations gives students a valuable toolbox to take with them throughout life.

### **The *How Do You Feel?* Curriculum & Self-Regulation Activities for Children**

Within the *How Do You Feel?* Curriculum, we've included 6 lesson plans that can be integrated with complete flexibility into your teaching plan. Complete them all at once or divide them over the course of a week or more. Each lesson includes:

- Reading facial expressions, body language, and situational context to identify emotional states
- How we observe and react to each other's expressions, body language, and emotional reactions
- Types of situations that elicit various emotional responses
- When it might be useful to change emotional states
- Different strategies for changing emotional states

The kit also includes self-regulation activities for kids to actively practice the tools Codi suggests for transitioning from one emotional state to another. Each activity has been supported by scientific research to make significant changes in a child's ability to self-regulate.

But, as every child is different, it's important to trial various types of emotional regulation activities to see which benefits each student the most. Then, students can write down the most effective techniques on their personalized *How Do You Feel?* Chart. Activities such as:

- Physical exercises
- Calming Techniques to trial
- Proprioceptive Activities
- Vestibular Activities
- Sensory Activities

The *How Do You Feel?* Curriculum and kit of self-regulation activities for kids is a tool we are really proud to offer teachers. Our team of pediatric occupational therapists, early childhood development specialists, and the CoordiKids Village of parents and teachers work hard to ensure that everything we provide is something backed by scientific research and proven by our own experience. We hope you'll enjoy it and adopt it as part of your own curriculum!

If you use this tool, please join us at the CoordiKids Facebook to tell us how the various lessons and exercises went for your class. We'd love to hear successes, as well as find out how we can adjust the tools to work best for everyone!

## What is CoordiKids?

Some children are uncoordinated and struggle with ordinary tasks. We offer online exercise courses

CoordiKids is the digital development program for children, developed by pediatric occupational therapist Marga Grey. Built upon more than 40 years of working with children, families and teachers to address learning difficulties, CoordiKids offers online exercise courses that improve competence in learning and sport.

We have compiled, prepared and video recorded activities and exercises for parents and children to do at home or in the classroom in a fun way. At CoordiKids we are absolutely passionate about giving ALL children the very best chance for success, whether or not they have regular access to a pediatric occupational therapist

This unique childhood development program has been refined over many years of clinical experiences with children who suffer from developmental delays and learning problems.

Director, Marga Grey is a pediatric occupational therapist whose experience has been gained in various private practices, working with other occupational therapists, and in the public sector.



[www.coordikids.com](http://www.coordikids.com)

# LESSON 1:

## Introduction to *How Do You Feel?* Chart

This is Codi!



Codi is a friend that helps us understand how we are feeling. Sometimes, Codi feels sad,

and sometimes he feels mad.

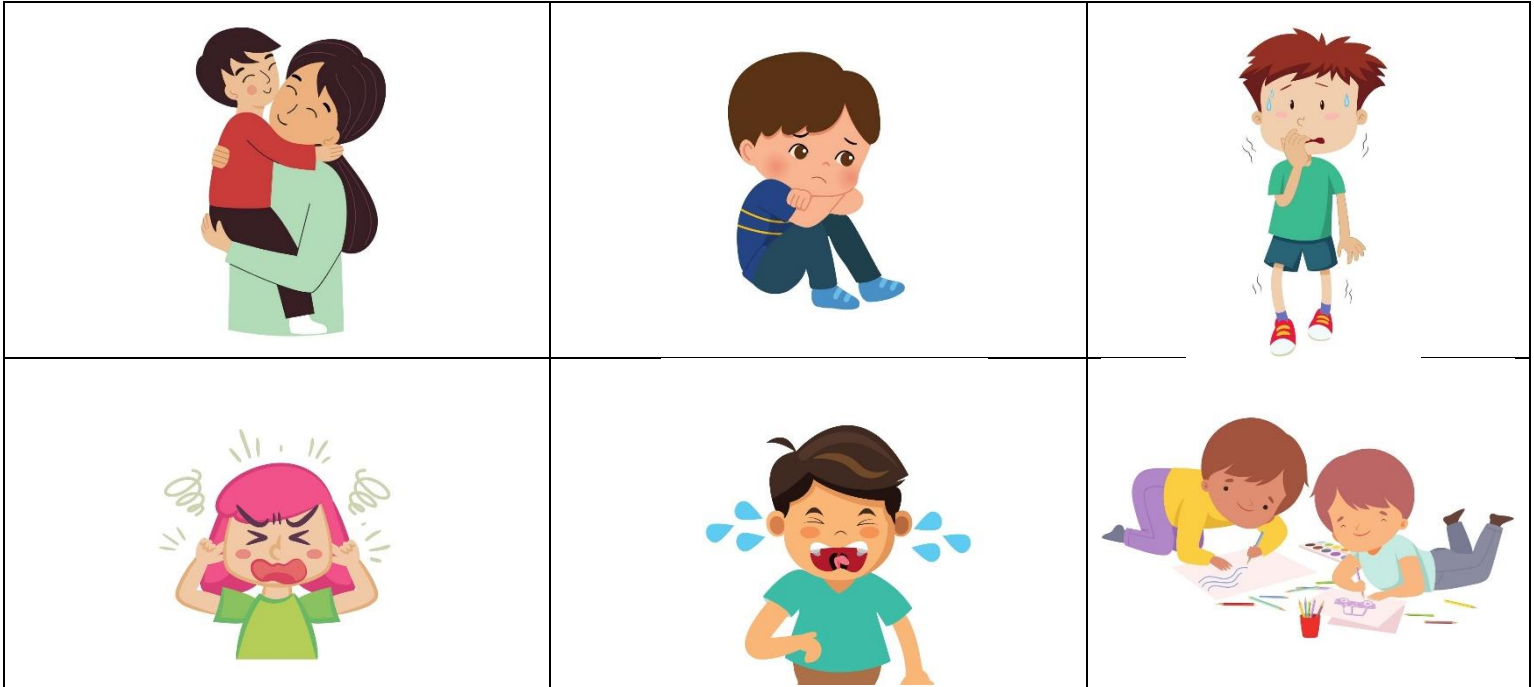


Sometimes, Codi is so excited that he cannot even sit still! Do you feel like that sometimes?

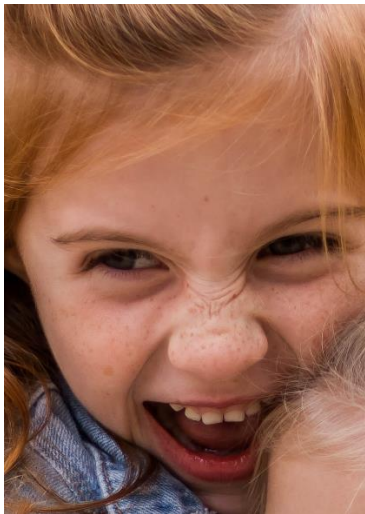


It's important for us to think about all the different ways you can feel.

Let's look at some pictures and say how we think each person in the picture is feeling:



Sometimes, it's hard to tell how someone feels. Sometimes you can feel more than one feeling at the same time! Look at this picture, do you think the girl is happy, excited, or angry?





Now, look at the whole picture to see what the girl is doing. Now, do you think she is happy, excited, or angry?



It is important to learn different ways to identify how you're feeling. Some things you can think about are:

- How does your body move and act?
- How does your brain feel?
- What does your face look like?
- What is happening around you?

You can also observe how different parts of your body feel. For example, some feelings might make:

- My hands feel sweaty,
- My breathing is fast and shallow,
- My heart is beating very hard and very fast,
- My head is hot and feels like it wants to burst,
- My whole body needs a big hug.
- My legs want to run away.

Which feeling is the best one? Which feeling is the worst? The truth is, there are no bad feelings. It is perfectly OK to feel differently at different times throughout the day. But, it is important to know if your feelings are making you act in a way that is not appropriate or hurtful to other people or to yourself.

It's also important to know that you can change the way you feel if you really want to. Yes! I love this! There are lots of tricks to help your brain and your body change the way you feel if you need to. That's what we are going to learn together, and Codi is going to help us.

We are going to learn about 5 different feelings. We will talk about what kinds of things make you feel different ways and when it might be helpful to change how you feel. Then, Codi will teach us ways of changing our feelings. It's called self-regulation, and we will all be practicing this a lot!



## Lesson 2: VERY LOW ENERGY

Having very low energy means you feel very sleepy and tired.

Do you usually want to play when you're feeling very tired?

Do you want to come to school and learn when you're very tired?

How does your body feel and react to feeling tired or sad? Point to the parts of the body that might feel different. (Ex: heart feeling "heavy", body wanting to lie down)

What are some things that happen that might make you feel very sleepy or tired?

*Summary: When you're feeling sleepy or tired, you have no energy to play or to learn. You may feel this way when you're sick, too.*

Now, let's think about some situations in which you might want to change how you feel when you're sleepy. Maybe it's during a lesson here at school like right now! If you are feeling very low energy, your teacher might wish you could feel better so that you could participate in activities better. Or perhaps when your parents need you to help them at home, but you don't feel energetic enough to do your chores or pay attention.

So now, let's learn about ways we can try to change the way we feel when we have very low energy. Codi suggests:

10 x star jumps  
Go for a walk  
Log rolling on the carpet  
CK Classroom Course

Now, we can't always do all 4 of these ideas, but we can practice some Star Jumps and Log Rolling, because you can do those almost anywhere!

First, we'll all do 10 Star Jumps, just like in the picture:



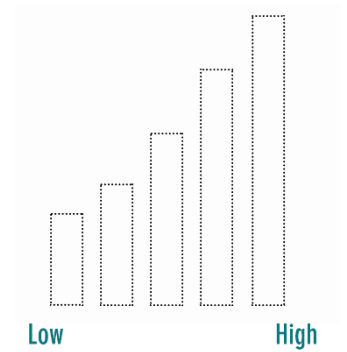
Now, let's try Log Rolling:



How do you feel *now*?

# LESSON 2 WORKSHEET

1. *When I feel very sleepy or sick, I have \_\_\_\_\_ energy.* Color in the bars to show how much energy you have when you feel very sleepy or sick:



2. How does your body move and act?

---



---

3. How does your mind feel?

- |                                |  |
|--------------------------------|--|
| <input type="checkbox"/> Slow  | <input type="checkbox"/> Hard to concentrate |
| <input type="checkbox"/> Smart | <input type="checkbox"/> Thinking very fast  |
| <input type="checkbox"/> Foggy | <input type="checkbox"/> Confused            |

4. What does your face look like? Circle the sleepy Codi:



5. What might be happening around you to make you feel this way?

---



---

6. What is one thing you could do to try change from feeling sleepy during the day?

---

## LESSON 3: LOW ENERGY – BORED/SAD

Being bored means you have nothing fun to do at the moment. Being bored could mean you have low energy. Another reason you might not have energy is if you are feeling sad.

Is schoolwork easy or hard to focus on when you're bored or sad?

If you're sad, do you usually want to play with your friends or being around a lot of people?

How does your body feel and react to feeling bored or sad? Point to the parts of the body that might feel different. (Ex: heart feeling "heavy", body wanting to be hugged or lie down)

What are some things that happen that might make you feel sad?

*Summary: When you're feeling bored or sad, you cannot focus on work. You want to go away from activities and get outside by yourself.*

Now, let's think about some situations in which you might want to change how you feel when you're bored or sad. You might be bored at home when your parents are busy and you can't watch TV. You have to think of ways to find something fun to do with your time so that you don't start to feel sad or make your parents upset by disturbing them or your siblings.

Or, you might be bored in school when the lesson isn't very interesting to you. But, we need to pay attention or we will do poorly on quizzes and tests. So, finding a way to get more energy is important when we are bored at school.

So now, let's learn about ways we can try to change the way we feel when we have low energy from being bored or sad.

Codi suggests:

Listen to music  
stretch arms  
Use a fidget toy  
CK Classroom Course

Today, let's practice listening to music and stretching our arms as ways to get a little more energy and make ourselves feel a little happier!

First, let's listen to a fun song!

Now, let's try stretching our arms:

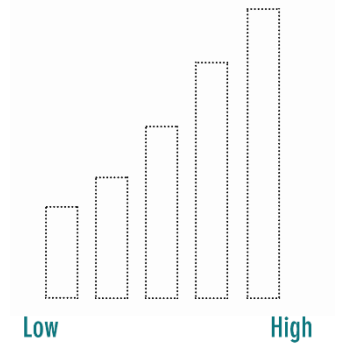


Add a few arms and hand exercises + deep breathing

How do you feel *now*?

## LESSON 3 WORKSHEET

1. When I feel bored or sad I have \_\_\_\_\_ energy. Color in the bars to show how much energy you have when you feel bored or sad:



2. How does your body move and act?

---



---

3. How does your mind feel?

- |                                |  |
|--------------------------------|--|
| <input type="checkbox"/> Slow  | <input type="checkbox"/> Hard to concentrate |
| <input type="checkbox"/> Smart | <input type="checkbox"/> Thinking very fast  |
| <input type="checkbox"/> Foggy | <input type="checkbox"/> Confused            |

4. What does your face look like? Circle the sad Codi:



5. What might be happening around you to make you feel this way?

---



---

6. What is one thing you could do to try change from feeling low energy during the day?

---



## LESSON 4: TENSE

Being tense means you have a little extra energy, and you feel like you don't want to sit still. Being tense might mean you're worried about something. Another reason you might be tense is if you are a little fed up with something you're supposed to be doing.

Is schoolwork easy or hard to focus on when you're tense?

If you're worried about something, do you usually want to play with your friends or being around a lot of people?

How does your body feel and react to feeling tense or worried? Point to the parts of the body that might feel different. (Ex: heart fast, shallow and fast breathing, brain moves fast, legs are wiggly, hands are fidgety, palms are sweaty)

What are some things that happen that might make you feel fed up?

*Summary: When you're feeling worried or fed-up, you might be frustrated or act silly to distract people. Your body is hard to keep still because you're too excited, which makes you fidgety.*

Now, let's think about some situations in which you might want to change how you feel when you're tense. When you're in school and you need to sit still in your desk for a lesson, being tense makes it difficult. If you're worried about something other than the project you're supposed to be working on, it could make your teacher upset or your parents annoyed. And no one likes to feel fed up with something they don't want to be doing anymore.

So, finding a way to release tension and find a way to be happy and calm is important to do when we're at school or at home trying to play.

So now, let's learn about ways we can try to change the way we feel when we are tense.

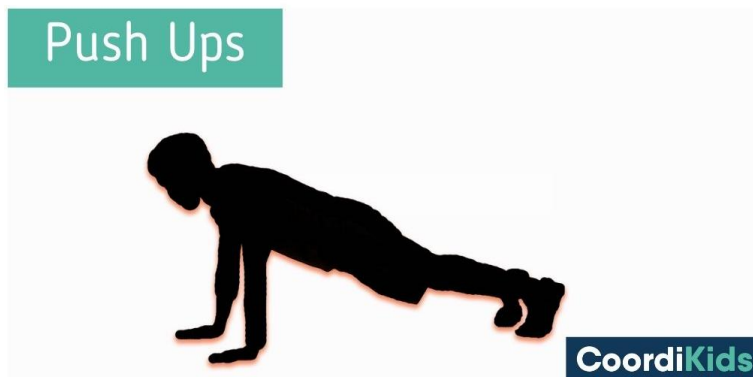
Codi suggests:

Take a break / ask for help  
Deep breathing  
Push-ups  
CK Classroom course



Today, let's practice deep breathing and push-ups to help us let go of tension.

First, let's try push-ups:



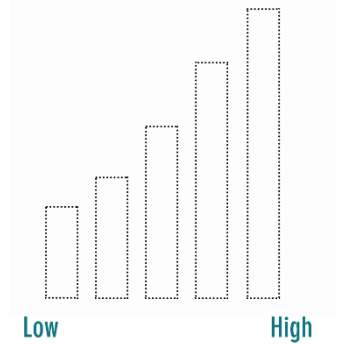
Now, let's practice deep breathing:



How do you feel *now*?

## LESSON 4 WORKSHEET

1. When I feel very worried or fed up, I have \_\_\_\_\_ energy. Color in the bars to show how much energy you have when you feel tense:



2. How does your body move and act?

---



---

3. How does your mind feel?

- |                                  |  |
|----------------------------------|--|
| <input type="checkbox"/> Slow    | <input type="checkbox"/> Hard to concentrate |
| <input type="checkbox"/> Smart   | <input type="checkbox"/> Thinking very fast  |
| <input type="checkbox"/> Jittery | <input type="checkbox"/> Confused            |

4. What does your face look like? Circle the worried Codi:



5. What might be happening around you to make you feel this way?

---



---

6. What is one thing you could do to try change from feeling tense during the day?

---

## LESSON 5: VERY INTENSE

Sometimes, when you're really upset about something, you have a lot of extra energy. You probably talk much louder, breath harder, and have a lot of tension in your body. We call that being "intense." You might be very intense because you're angry or because you're very scared.

Is schoolwork easy or hard to focus on when you're angry?

If you're very scared, do you usually want to play with your friends or being around a lot of people?

How does your body feel and react to feeling angry? Point to the parts of the body that might feel different. (Ex: heart racing or thumping hard, fast breathing, palms sweating, head is hot and wants to burst, hands ball up in fists)

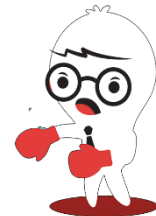
What are some things that happen that might make you feel angry?

Are there situations that you get very scared?

*Summary: When you're angry or very scared, you might yell or scream. You might fight with your friends, family, and teachers, or even just cry really hard.*

Now, let's think about some situations in which you might want to change how you feel when you're very intense. No one likes to feel angry, do we? When you're angry about something, it's really hard to play with other people. It's also hard to learn. So if you're mad, you probably want to find a way to calm down so that you don't hurt yourself or someone else.

Finding a way to release tension and be happy and calm is important to do when we're supposed to be learning, or if we're trying to play with our friends.



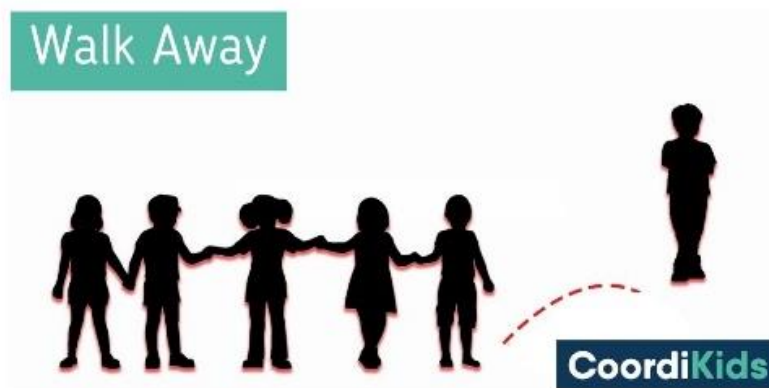
So now, let's learn about ways we can try to change the way we feel when we are very angry.

Codi suggests:

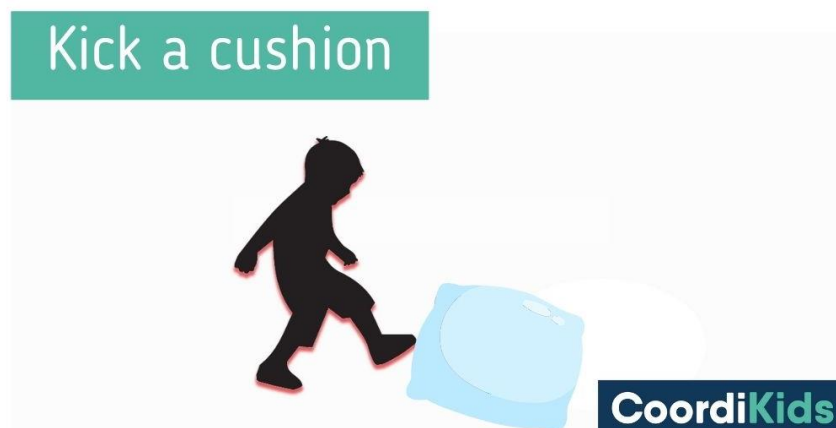
Walk away from others  
Go to your safe place  
Hit / Kick a ball or big  
cushion  
Go for a run / walk

Today, let's practice walking away from a bad situation or kicking a cushion to release anger and tension.

First, let's practice walking away. We'll pretend we're playing a game and someone gets angry because the game is hard. Let's all make a circle. I'm going to hand out a card to everyone, but you can't show anyone what's on your card. One of you will have an ANGRY card, while everyone else has a HAPPY card. If you get the happy card, you need to walk away to another area of the classroom where you can sit by yourself and take 5 deep breaths. After you've taken your 5 breaths, you can come back, and we'll start the game over. If you have a HAPPY card, you stay in the circle. Don't bother or try to talk to the ANGRY person – just let them walk away.



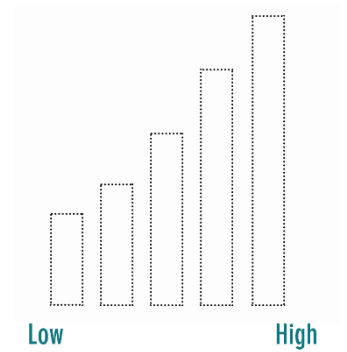
Now, let's try kicking a cushion:



How do you feel *now*?

# LESSON 5 WORKSHEET

1. When I feel very angry I have \_\_\_\_\_ energy. Color in the bars to show how much energy you have when you feel very angry and intense:



2. How does your body move and act?

---



---

3. How does your mind feel?

- |                                   |  |
|-----------------------------------|--|
| <input type="checkbox"/> Agitated | <input type="checkbox"/> Hard to concentrate |
| <input type="checkbox"/> Smart    | <input type="checkbox"/> Thinking very fast  |
| <input type="checkbox"/> Foggy    | <input type="checkbox"/> Confused            |

4. What does your face look like? Circle the angry Codi:



5. What might be happening around you to make you feel this way?

---



---

6. What is one thing you could do to try change from feeling intense during the day?

---

7. Name some quiet places you could go for a little break to help you feel more calm and happy:

---

## LESSON 6: HAPPY & CALM

Being calm means you have just enough energy to focus on something you want to do. You aren't too excited, but you aren't bored or sleepy either. And we all know what it means to feel happy, don't we?

Are school activities easy or hard to focus on when you're calm and happy?

If you're happy, do you usually want to play with your friends?

Do your parents usually like it more when you are calm or when you have LOTS of energy?

What are some things that happen that might make you feel happy and calm?

*Summary: When you're feeling happy and calm, you're ready to learn and ready to play! This is when it is easiest for you to focus on a project or to learn new things.*

Are there times when you might not want to feel happy or calm? What are some things you could do when you're feeling that way?

Codi says you're probably ready to

Play with others

Learn

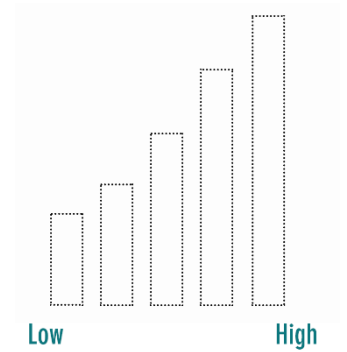
Work

Smile and laugh



# LESSON 6 WORKSHEET

7. When I feel calm, I have \_\_\_\_\_ energy. Color in the bars to show how much energy you have when you feel calm and happy:



8. How does your body move and act?

---



---

9. How does your mind feel?

- |                                  |   |
|----------------------------------|---|
| <input type="checkbox"/> Slow    | <input type="checkbox"/> Ready to concentrate |
| <input type="checkbox"/> Good    | <input type="checkbox"/> Thinking very fast   |
| <input type="checkbox"/> Jittery | <input type="checkbox"/> Relaxed              |

10. What does your face look like? Circle the happy Codi:



11. What are some things that make you happy?

---



---

12. What is one thing you do that makes you feel calm?

---

## EXTENSION ACTIVITY

*Now, print the How do you feel chart for each student and use the worksheets to help them to write the best strategies in the spaces below the Codi. They can take this home and discuss with the rest of the family.*