

Helping ALL Children to Understand and Regulate their Own Feelings of Anger, Anxiety, Jealousy and Disappointment

FOUR wonderful picture books to teach EVERYONE about the emotions anger, jealousy, anxiety and disappointment.

K.I. Al-Ghani's has a wonderful series of children's picture books which help teach children about the emotions of anger, jealousy, anxiety and disappointment. They are all divine books and can be read to an individual child or whole class. It can give children a chance to talk about their own feelings and express a desire to help themselves in a more positive and soothing way.

The stories make it clear that anger, jealousy, anxiety and disappointment are emotions shared by everyone. However, it is the way in which we deal with these emotions that really matters to our personal well-being. The techniques suggested in this book can be taught to a whole class. At the back of each book are a range of fantastic activities and strategies for children.

One of the wonderful aspects of these books is it helps other children understand why children with autism spectrum act and react the way they do. It is very important to talk to children about how to be sympathetic towards other children when they notice them becoming angry, anxious, jealous or disappointed. I often get asked HOW to discuss this with other children – and I think reading a book like these is a great starting point for the conversation.

Seven great activities to do after reading *The Red Beast, The Panicosaurus The Disappointment Dragon & Green Eyed Goblin*

1. Make a list of things that make children feel angry, jealous, anxious and disappointed.
2. Discuss what happens to the body when children become angry, jealous, anxious and disappointed.
3. Make a list of times when the children have experienced their own "Red Beast", "Panicosaurus", or "Disappointment Dragon" "Green Eyed Goblin"
4. Make a list of what children have done to calm themselves.
5. Discuss how to be supportive when you see other children experiencing these emotions.
6. I highly recommend making a poster and displaying for children to refer back to, that has each emotion (see below).
7. Make an individual book which the child with ASD can refer back to that has photos of them using the strategies to manage emotions. You may also like to include success stories where they used the strategies.

Have you ever felt What made you feel this way (angry, jealous, anxious, disappointed)	How did you react? Did you feel it in your body anywhere?	What helped to change the emotion/feeling?

Take photos of people's faces they know being angry, jealous, anxious and disappointed (great if allowed to use classmates). Add the photos to the posters to also help recognise other people's emotions.

In the Bonuses I have included '5 Steps to Teach Feelings' which includes a template of a body that you can label with how your emotions. I think this would tie really well with this activity and encourage you to use it!

The Red Beast Emotion Thermometer

