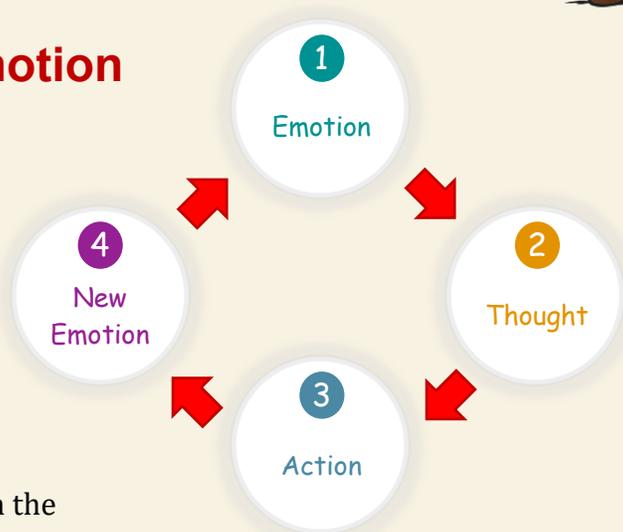




## Emotion–Thought–Action–New Emotion

The awareness and ability of children to take control of the effects of their emotions are self-awareness and self-management skills. Emotional literacy helps children examine how positive thoughts can produce positive outcomes.

Introduce the Emotion–Thought–Action–New Emotion process to teach your child how to express emotions, thoughts, and actions in socially appropriate ways:



1. **CURRENT EMOTION** Name the emotion you felt in the situation.
2. **POSITIVE THOUGHT** Think of a positive thought about the situation.
3. **POSITIVE ACTION** Take action on your positive thought.
4. **NEW EMOTION** Recognize and name your new emotion.

Teaching your child to identify and focus on something positive about a challenging situation will help him or her understand the long-term benefits of positive thinking.

## Building Your Child’s Social and Emotional Competence

Self-management and self-awareness are social and emotional learning competencies that help children effectively regulate their emotions, control impulses, motivate themselves, take the perspective of, and empathize with others, including those of diverse backgrounds and cultures. These activities help children build the capacity to identify emotions and practice self-discipline.

### Try It Out!

Have your child use his or her body to show ways to get calm. Examples include breathing deeply or stretching. Explain that difficult thoughts and actions result when we are not calm and thinking clearly. To stay in control during challenging situations, it’s important to remain calm.

### Make a Comic Strip!

Ask your child to create a comic strip about two characters, “Negative Norm/Nancy” and “Positive Paul/Patti.” Have your child draw these characters reacting to a challenging situation using thought or speech bubbles to show the effects of positive thinking.

Many children are experiencing feelings of uncertainty, anxiety, and fear due to the onset of COVID-19. They need a chance to share their thoughts and feelings and ask questions. Make sure you are accurately informed and ready to educate your child knowing the information is evolving all the time. Get information from: The Centers for Disease Control (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.