

Kean University, Dept. of Advanced Studies in Psychology
Mini Social-Emotional Program for Preschoolers
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The purpose of the proposed project is to implement a mini social-emotional program with young children. The focus of the program involves teaching awareness and understanding of emotions and the use of developmentally appropriate emotion regulation strategies. The mini-program will be implemented by doctoral students from Kean's PSYD Program in Combined School-Clinical Psychology (subject to Board approval). All of the doctoral students have experience working with children and have been trained in ethical procedures, including protection of child and family privacy and confidentiality. All students will be under the supervision of licensed faculty supervisor, Dr. Adrienne Garro.

The emotions that will be targeted for the program include happiness, anger, sadness, fear/worry, surprise, and disgust. The proposed program is divided into two main parts. The first part will involve teaching about the nature of the basic emotions described above - what do they look like, how they might feel, etc. The first part includes 7 sessions (each session will be once per week and last about 40 minutes). The second part of the program is intended to help young children understand what might happen when these emotions become stronger/larger and how to handle bigger/stronger emotions in better ways. The second main part includes 5 sessions (each session will be once per week and last about 40 minutes).

For both parts of the program, we will use children's books, songs from popular TV shows, and breathing exercises. Thus, the overall goals of the proposed program are to increase young children's awareness and understanding of basic emotions in themselves and others and to provide the children with developmentally appropriate strategies to improve regulation of their emotions. In order to assess whether the mini social-emotional program is effective, we are proposing to use an emotion recognition task (described below) and a measure completed by parents about their children's emotion regulation strategies (also below). These are voluntary to complete. They would be done before the start of the activities to teach about emotions and then after the whole program is done.

The specifics of the proposed project are described below:

- I. Explanation of program to parents- we will provide a flyer and offer online meetings for parents (done by Kean faculty adviser and doctoral students)
- II. Parents who consent voluntarily complete the Early Emotion Regulation Behavior Questionnaire (EERBQ) (pretest) - **See sample items below** (This step would be done by a doctoral student)
- III. Children of parents who consent would be given an emotion recognition task (pretest). See task below.
- IV. Sessions with children (total of 10 sessions; each about 15-20 minutes)

Emotion Recognition Task

Directions: Point to the child who looks - happy, angry, sad, disgusted, surprised and scared



IV: Classroom Sessions with Children

Session 1 Opening and Introductions

Introduction: Who are we? What are we going to be talking about for the next couple of weeks?

Beginning Activity: What do you already know about feelings?

Read-aloud: [The Color Monster and My First Big Book of Emotions](#)

2 min recap: What was wrong with the color monster? What did he do to make himself feel better? What are some of the feelings they talked about in the book? Have you ever felt any of those feelings that were described?

Video: [Feelings Freeze Dance/Movement Activity](#)

Craft: FEELINGS WHEEL: Divide a paper plate into 6 sections. Have your child color and label each section (yellow – happy, blue – sad, green- disgust, purple - surprise, red-mad). Add a clothespin and set this feeling wheel out where it can be seen. At the start of every session, encourage them to clip how they are feeling and talk about it.

Additional Activities (if time allows):

Reading Activity: [The Feelings Book](#) or [Color Monster's First Day of School](#)

Imagination Activity: **How would you feel?**

Show photos one at a time to the children and ask them how they would feel.

- For example:
 - How would you feel if you had to hug your mom goodbye?
 - How would you feel if you got to open a birthday gift?

Craft Activity: [Create Color Monster Puppets](#)

Mindfulness Activity: "*Your favorite color*"

Session 2- Happiness

Beginning Activity: What is happiness? How do we know we are happy? Can anyone share a time when they have felt happy?

Read-aloud: The Happiness Jar or If You're Happy and You Know It

2 min recap:

Video: <https://www.youtube.com/watch?v=Sj0DF0rRF18> - Happy Educational Dance video

Craft: <https://www.pinterest.com/pin/rainbow-happiness-craft--227431849923283846/> - things that make you happy

- Have students create their own rainbow (or create own worksheet with outline of a rainbow on it) and on each color of the rainbow students write things that make them feel happy)

Mindfulness Activity

<https://www.youtube.com/watch?v=I1bBI-BT9c4> - Rainbow Relaxation meditation

Session 3- Sadness

Beginning Activity: What is sadness? How do we know we are sad (cry, want to be alone, etc.)? Does anyone want to share a time when they have felt sad before?

Read-aloud: *I'm Sad* or *The Pout Pout Fish*

2 min recap:

- *I'm Sad:* Why was flamingo sad? Do you get sad sometimes? What cheers you up when you're feeling sad? What cheers up flamingo when he's sad? What cheers up potato when he's sad? Is it okay to be sad?
- *The Pout Pout Fish:* What did the pout pout fish say to the other sea animals about his pouty face? Does the pout pout fish want to smile?

Video: <https://www.youtube.com/watch?v=kqUQNQYwLLc> - When I'm Feeling Sad!

Craft: <https://montessorifromtheheart.com/2017/12/07/emotions-body-feelings-mind-diy-puppets-kids-craft-homeschool-mindfulness/> - Feeling Puppets

Mindfulness Activity/Craft: Teddy bear belly breathing

Additional Activities (if time allows)

Reading Activity: *My Friend is Sad*

Imagination Station: _

Session 4- Anger

Beginning Activity- What does being angry mean? Introduce situations in which you might feel angry. Ask the kids what they may feel if...(someone took their snack)

Read-Aloud: *When I Feel Angry* by Cornelia Maude Spelman

2 min recap:

Video/Movement/Song: If your angry and you know it song, stomp your feet/ cross your arms

Craft: Paper plate angry face (markers and paper plates)

Mindfulness Activity/Craft: Bubble wands to practice deep breathing

Additional Activities (if time allows)_

Reading Activity Option of *Grumpy Monkey* or *I was so mad* by Mercer Mayer

Imagination Station: What does angry feel like inside? If "angry" was a person how would they act?

Session 5- Surprise

Beginning Activity- What does being surprised mean? Introduce situations in which you might feel surprised

Read-Aloud: *Click, Clack Surprise* or *Wakey, Wakey Elephant*

2 min recap:

- *Click, Clack Surprise:* Why is the farmer baking a cake and preparing balloons? What are the farm animals doing to prepare for the party? Do you think Little Duck knows about the party? How is he going to feel when he finds out? How did everyone react to seeing Little Duck all muddy and dirty?
- *Wakey, Wakey Elephant:* What was Edgar trying to do? Did making a milkshake work to wake up his friend Elephant? How about the marching band, did it wake his friend Elephant? What happened when Edgar sang happy birthday to Elephant? Were you surprised to see him dance, and pop balloons, and throw confetti?

Video/Movement/Song: <https://www.youtube.com/watch?v=agfBpx57pAY> - Surprise with Telly and Elmo

Craft: https://www.mosswoodconnections.com/activity/balloon-people/?utm_campaign=tailwind_tribes&utm_content=tribes&utm_medium=social&utm_source=pinterest&utm_term=566269370_20990778_192944 - Balloon people or sock puppets; surprise grab bag

Mindfulness Activity/Craft: <https://www.mindfulschools.org/inspiration/have-fun-and-explore-mindful-movement-with-freeze-dance/> - Freeze Dance Activity

Additional Activities (if time allows)

Reading Activity

Imagination Station:

Session 6- Fear/Worry

Beginning Activity: Introduce situations in which you might feel afraid or worried. Ask the kids what they may feel if...(they saw a bug, watched a scary movie)

Read-Aloud: *Fish Are Not Afraid of Doctors* or *The Worrysaurus*

2 min recap:

- *Fish Are Not Afraid...* recap: Do you get scared when you go to the doctor's? How does your body feel when you're afraid (tummy, head, heart, breath...etc)? What can you pretend to be when you're afraid?
- *The Worrysaurus* recap: Have you ever felt a butterfly in your tummy like the Worrysaurus? When and why? What are some happy things you would keep with you when you're feeling scared?

Song: <https://www.youtube.com/watch?v=OjdofoLmvs&t=66s> Being Brave (I Did It) Song

Craft: <https://lemonlimeadventures.com/simple-craft-help-kids-big-worries/> Worry Monsters

Mindfulness Activity: <https://www.youtube.com/watch?v=fTzXFPh6CPI> Frozen Statue Melting Breathing Exercise

Additional Activities (if time allows)

Reading Activity: *Lena's Shoes are Nervous: First-Day of School Dilemma*

Imagination Station:

Session 7- Disgust

Beginning Activity: Introduce situations in which you might disgust/disgusted. What are some of the things that you think are gross/yucky? How does your body feel when you are disgusted?

Read-Aloud: *Disgusted - Learning about Emotions* (from A Child's World website)

2 min recap: Are you disgusted by worms and dirt? Why or why not? Why do you think some kids may think that's yucky? What other things do you find yucky? Not everyone is disgusted by the same things, and that's okay!

Video: <https://www.youtube.com/watch?v=k1oXx4dellY> Inside Out Disgust Introduction

Craft: Sensory Texture Boards - each group makes a certain texture and they all rate them

Mindfulness Activity: <https://dawnselander.com/flower-garden-yoga-for-preschool/> Flower Garden Yoga

Additional Activities (if time allows)_

Reading Activity: *My Monster Smells Gross* by Nicky Lander

Imagination Station:

Session 8- Transitioning to Emotional Regulation/ What do we do with these feelings when they get too big or overwhelming?

Beginning Activity/Discussion- We've talked about a lot of different feelings over the past few weeks. Can anyone name a feeling that we've talked about?

- Introduce topic of "emotion regulation." → Sometimes our feelings can feel really big, and we may need some ways to deal with those feelings. Has anyone ever experienced an emotion that felt really big?

Read-Aloud:

2 min recap:

Video/Movement/Song: <https://www.youtube.com/watch?v=29DQJWGwEnY-> silly to calm yoga break

Craft:

Mindfulness Activity: <https://www.gonoodle.com/videos/4wb5l2/sense-your-senses-> go noodle, sense your senses

Additional Activities (if time allows)_

Reading Activity:

Imagination Station:

Session 9- Emotion regulation- continued

Beginning Activity/Discussion: More about big emotions. Role playing and follow up questions (what would you do in this situation?)

Read-Aloud: *Be Mindful of Monsters; Today I Had A Bad Day*

2 min recap:

- *Be Mindful of Monsters:* What emotions did Ezzy want to keep out?
- *Today I Had A Bad Day:*

Video/Movement/Song:

Craft: Building/Drawing a Volcano; The Waves of Emotion; Emotions Discovery Bottles

Mindfulness Activity: <https://cogbtherapy.com/mindfulness-meditation-blog/mindfulness-stop-skill> - STOP Skills

Additional Activities (if time allows)_

Reading Activity:

Imagination Station:

Session 10- Emotion regulation - continued

Beginning Activity/Discussion: Emotions are ok. Ways to express our emotions

Read-Aloud: *Even Superheroes Have Bad Days* by Shelly Becker

2 min recap: If you had a superpower, what would it be? How could you use your superpower to be helpful? What would you do to calm down when you felt a big emotion?

Video/Movement/Song:

Craft/Activity: Toothpaste exercise

Mindfulness Activity:

Additional Activities (if time allows)_

Reading Activity:

Imagination Station:

Other resources:

- Go noodle- dancing videos- <https://www.gonoodle.com/tags/1YOQA2/pop-n-bop>
- Beginning or end stretch- <https://www.youtube.com/watch?v=LHjpGCj0PuM>
- Everything is going to be alright song - <https://www.youtube.com/watch?v=qQJroI15jWU>