

UNDERSTANDING AND MANAGING EMOTIONS



WORKSHOP FOR ELEMENTARY SCHOOL STUDENTS IN GRADES 4-6



We all experience the ups and downs of emotions in our daily lives. Teaching students how to manage their emotions can help them cope with challenging feelings, such as anger, sadness, frustration, and anxiety. The goals of this workshop are to help students build skills in recognizing and responding to emotions in a safe and healthy manner and to provide them with strategies for seeking support when needed. This workshop can be conducted in-person or virtually and is available to Orange County public, private and charter schools at no cost.

Youth participants will learn about:

- Recognizing and accurately labeling different emotions
- A range of emotions and situations that can cause them
- How emotions can affect decision making and behavior
- Ways to communicate when they are feeling strong emotions
- Calming strategies to manage stress and strong emotions
- Signs that a friend or classmate may need support and how to help
- School resources and trusted adults they can reach out to for more support

The Student Advocates for Mental Health Program contributes to a Multi-Tiered System of Support and Local Control and Accountability Plan priorities by engaging students, families and community members, building social-emotional skills, and fostering a strong and positive school culture.

Funded by: OC Health Care Agency (OCHCA), Behavioral Health Services, Prevention and Intervention, Mental Health Services Act/Prop. 63



StigmaFreeOC



**TO SCHEDULE A 50 MINUTE WORKSHOP, CONTACT
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