

Social-Emotional Health

Special Education Services

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STARFISH AND TORNADOES

(Self-Awareness/Self-Regulation)

The goal: To help kids notice how much energy they're feeling inside. When they know they have too much energy, they can either use their own calming skills or ask for help from a trusted adult/parent.

How to play:

- 1) Make a picture of a thermometer.
- 2) Draw a starfish at the bottom and a tornado at the top.



- 3) When your child is feeling over-energized, brainstorm together about ways to feel more like a starfish. For example, bouncing a ball to help release some of that energy.



Key Takeaways

- Simple, fun games can help kids learn to cope with feelings, set goals, and get along with others.
 - Self-regulation helps kids manage their emotions and their body movements.
 - Praising good behavior often leads to more of it.