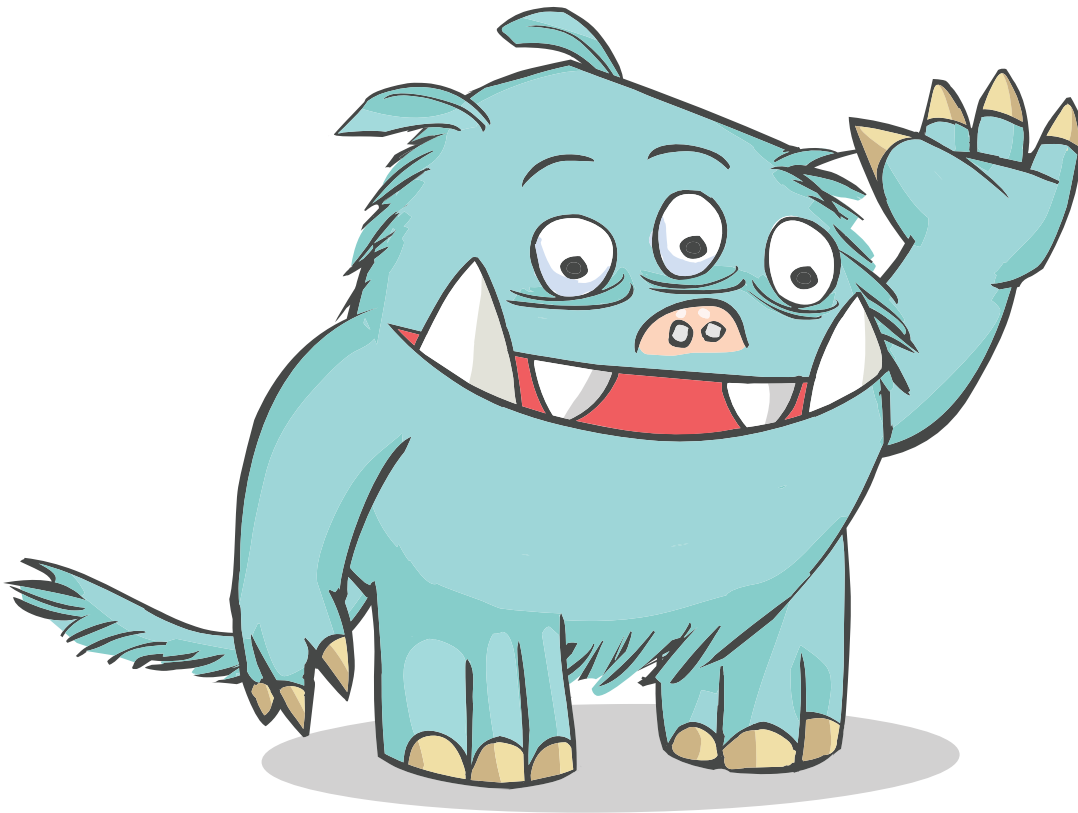
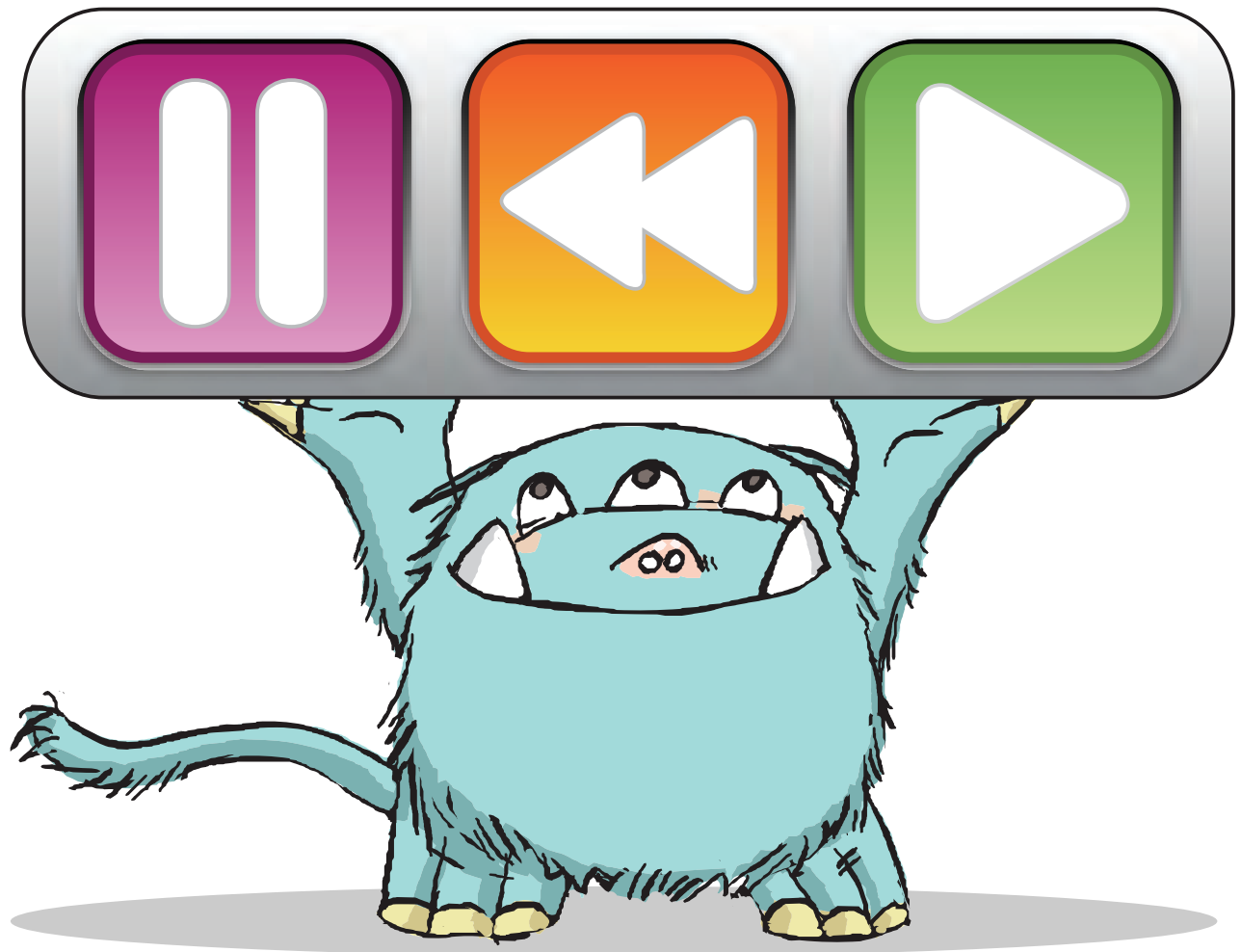


EMOTIONAL  
**A B C**<sub>s</sub>  
FOR EVERY CHILD

# THE EMOTIONAL ABCs SUMMER ACTIVITY BOOK



# THE EMOTIONAL ABCs SUMMER ACTIVITY BOOK



# THE EMOTIONAL ABCS TOOLBAR

## TO THE PARENTS:

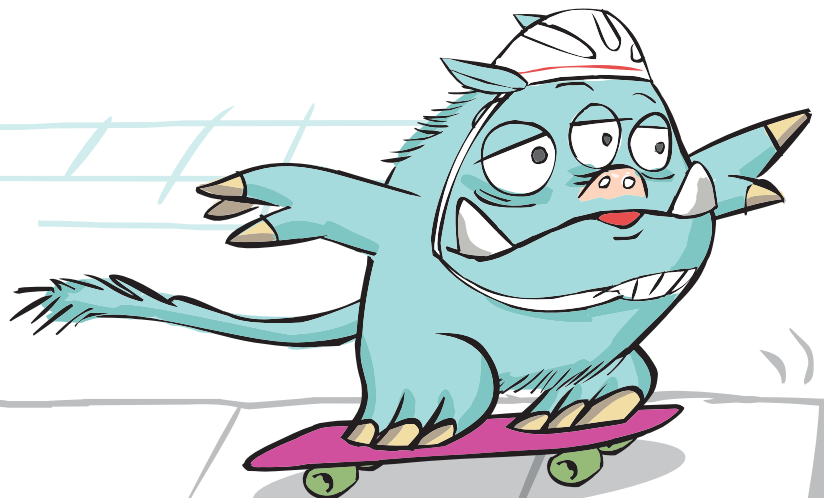
### THE EMOTIONAL ABCS TOOLBAR

3 EASY-TO-REMEMBER STEPS TO HELP DEVELOP SELF-REGULATION SKILLS:

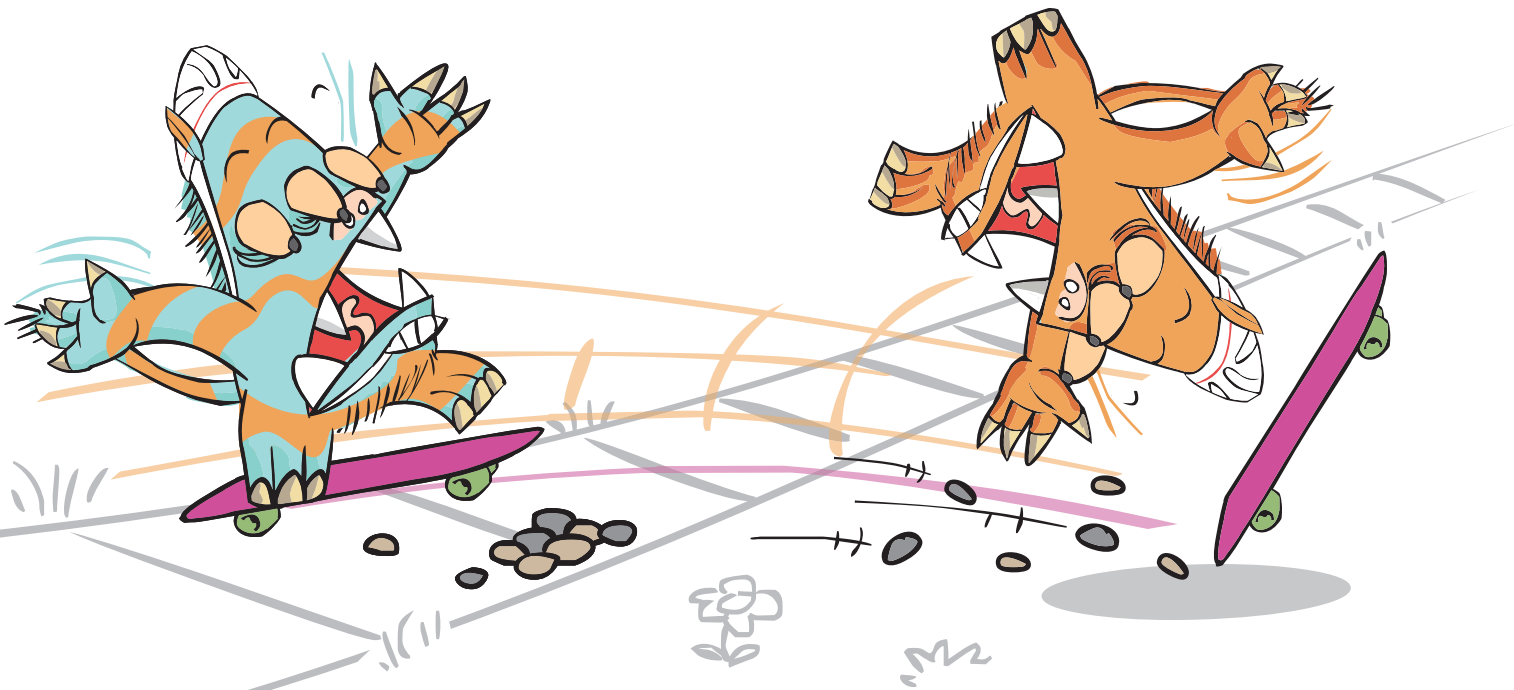
**A: PAUSE & BREATHE** - Children learn to slow themselves down and think about their sensations and emotions. Children will ask themselves, "What am I feeling?" This is a crucial first step in emotional literacy.

**B: REWIND** - Children review their situation and ask, "Why am I having this feeling?" Sometimes, immediately reviewing and thinking through an emotionally charged situation can help a child get a new perspective, making it easier to find a good choice of action.

**C: PLAY** - The child thinks about, "What is the best choice I can make?" A 'good choice' addresses the situation as well as the emotions.  
(NOTE: See the Emotional Playbook Cards at the end of this book for examples of good choices to make.)

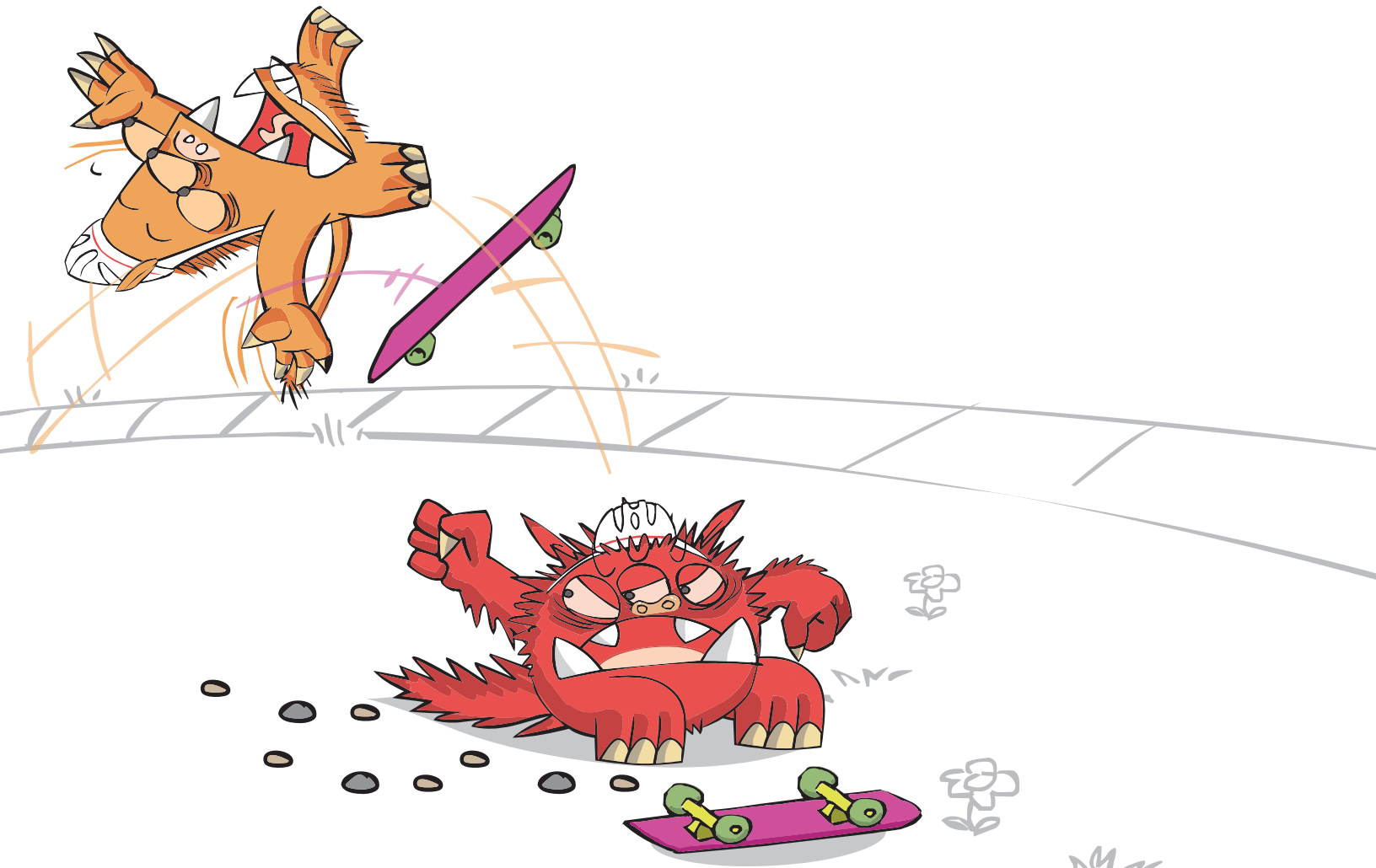


# THE EMOTIONAL ABC'S TOOLBAR AND HOW TO USE IT!



# MOODY Y CRASHED!

WHAT IS HE FEELING?  
USE THE TOOLBAR TO FIND OUT!

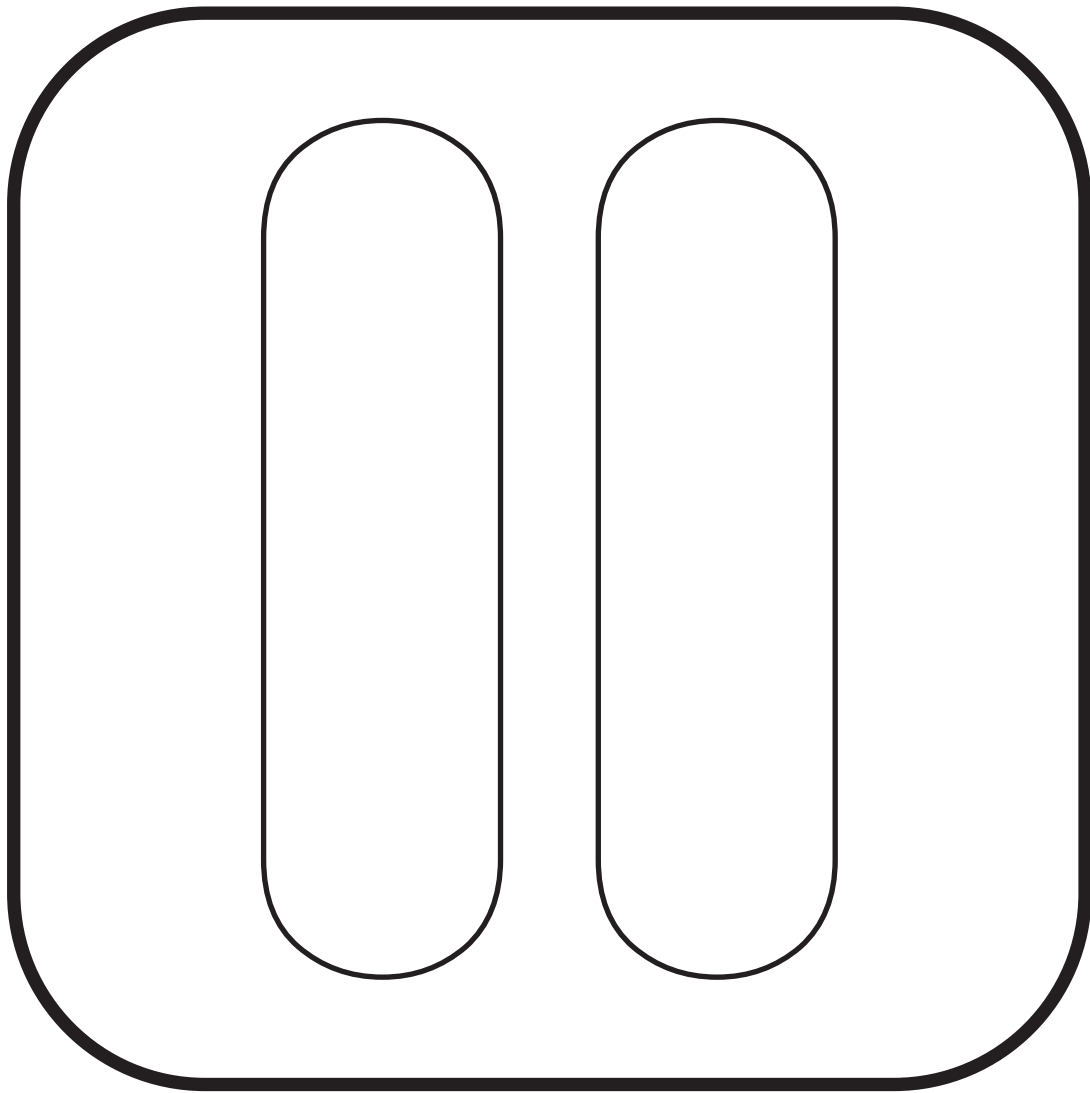


1ST STEP  
PAUSE AND BREATHE



Freeze! Breathe slowly 3 times.

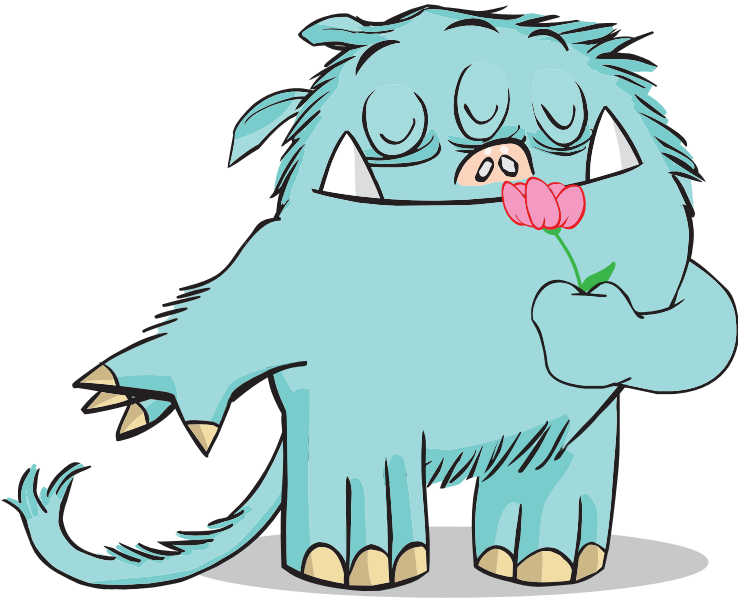
# COLOR THE BIG PAUSE BUTTON



## PAUSE & BREATHE

gives Moody time to ask himself,  
"What am I feeling? What are my sensations?"

# HOW TO BREATHE



**BREATHE IN**

THROUGH YOUR NOSE  
LIKE YOU'RE SMELLING  
FLOWERS.

**BREATHE OUT**

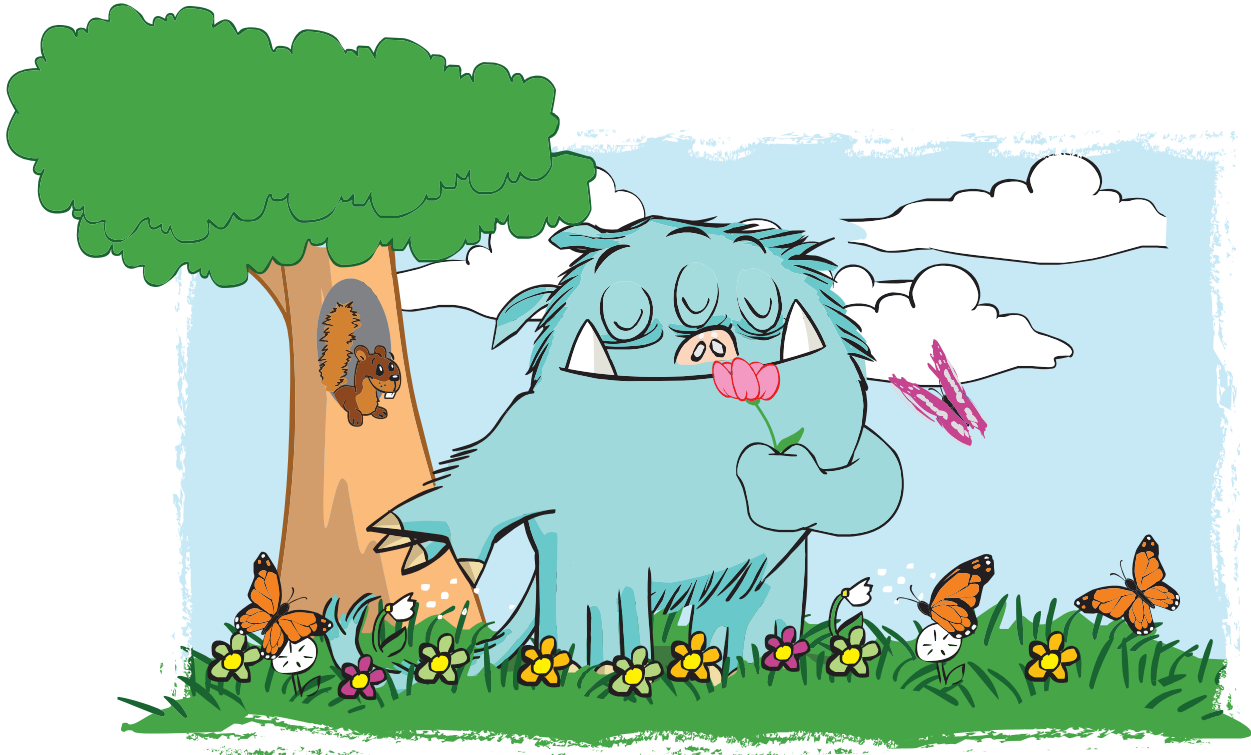
THROUGH YOUR MOUTH  
LIKE YOU'RE  
BLOWING  
ON A DANDELION.



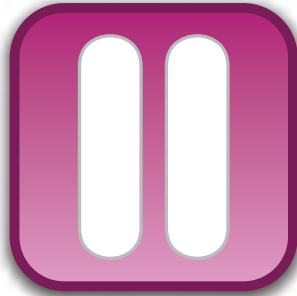


# WHAT'S DIFFERENT?

CIRCLE 10 DIFFERENCES

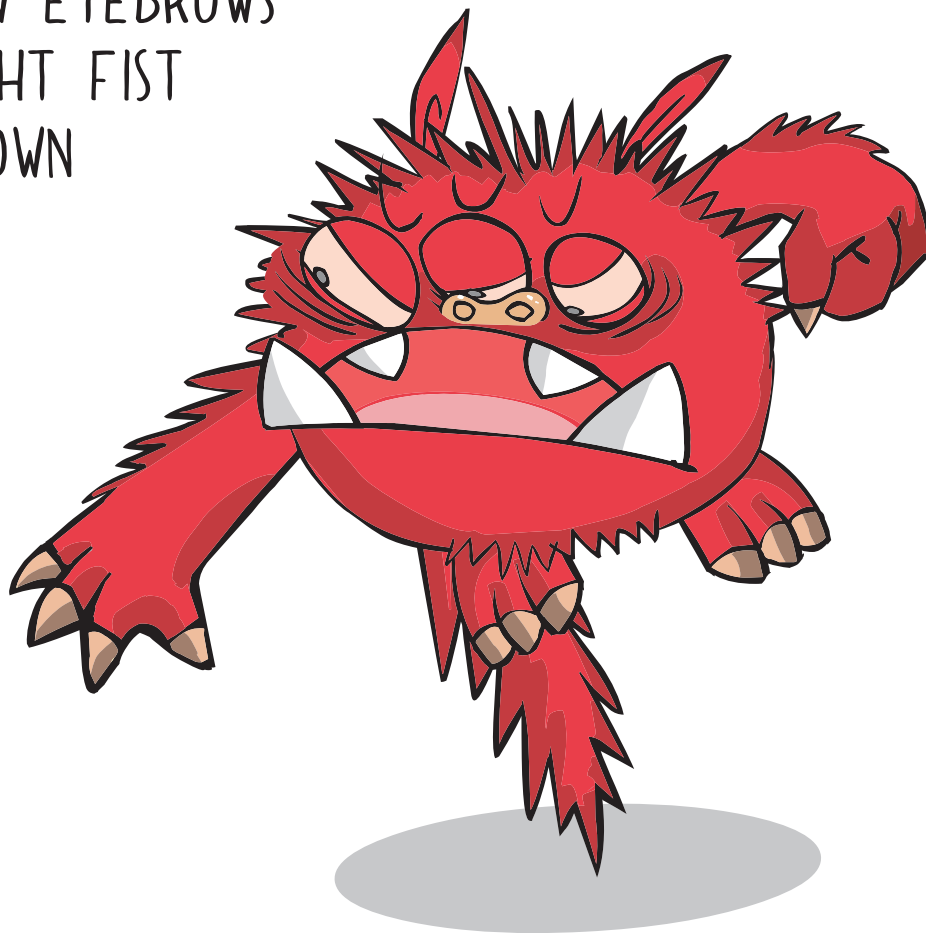


# MOODY PUSHED PAUSE & BREATHE



CHECK OFF THE CLUES HE FOUND

- LOW EYEBROWS
- TIGHT FIST
- FROWN



# MOODY KNOWS HE'S MAD

COLOR MOODY MAD!

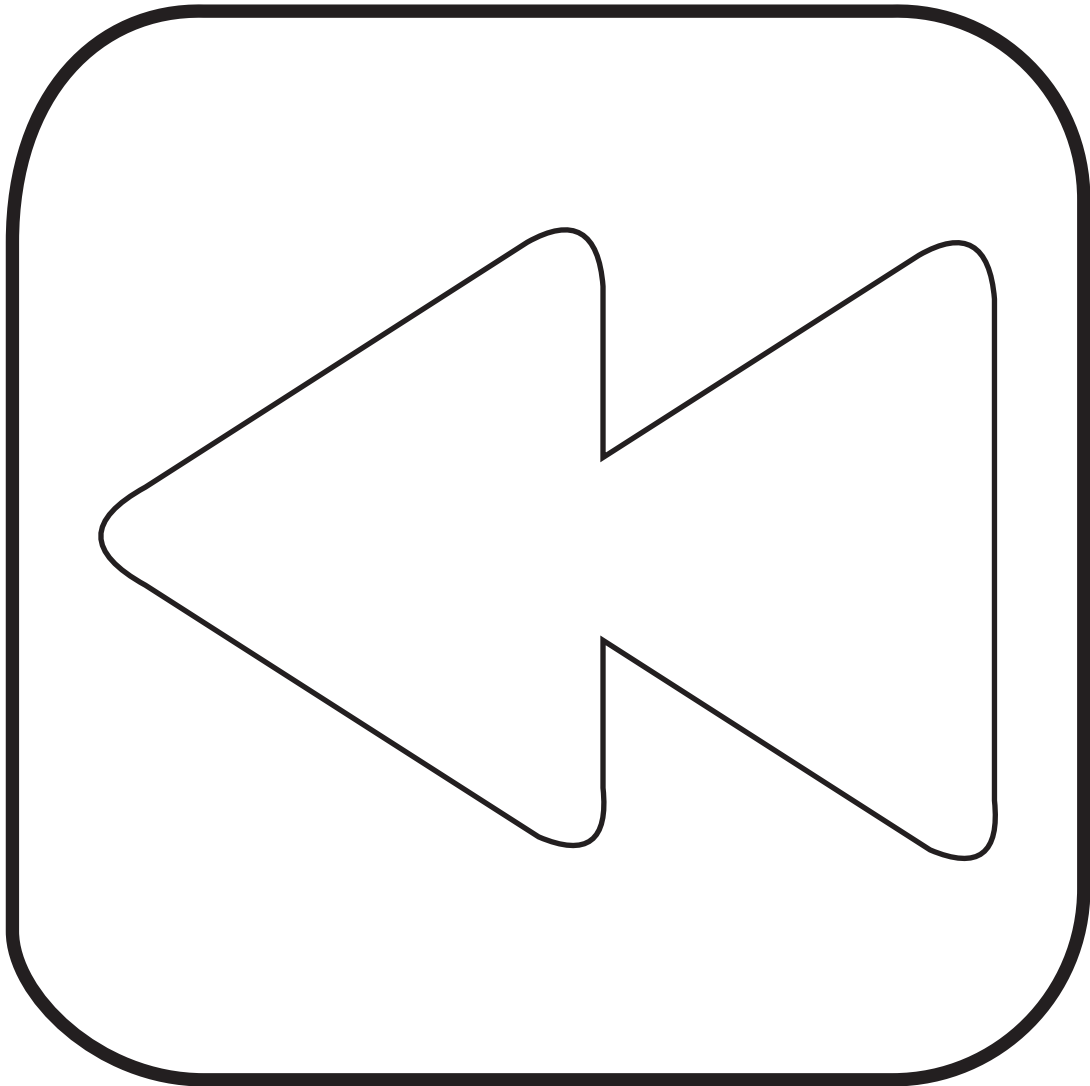


# 2ND STEP REWIND



Try to Remember What Happened.

COLOR THE BIG **REWIND** BUTTON



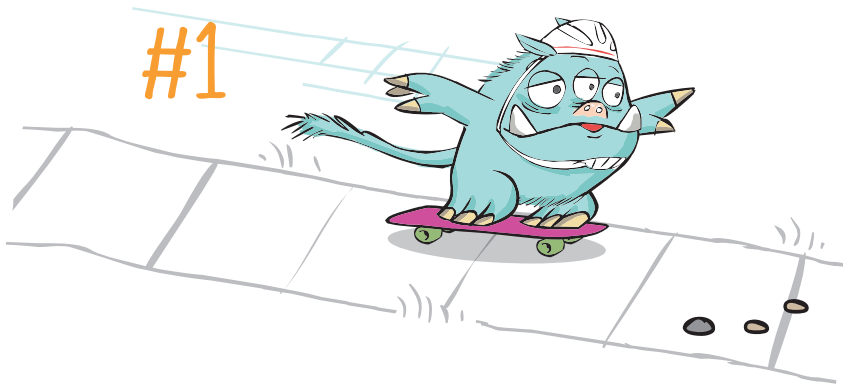
**REWIND** helps Moody figure out,  
"How did I get this feeling?"

# TEST YOUR MEMORY: REWIND

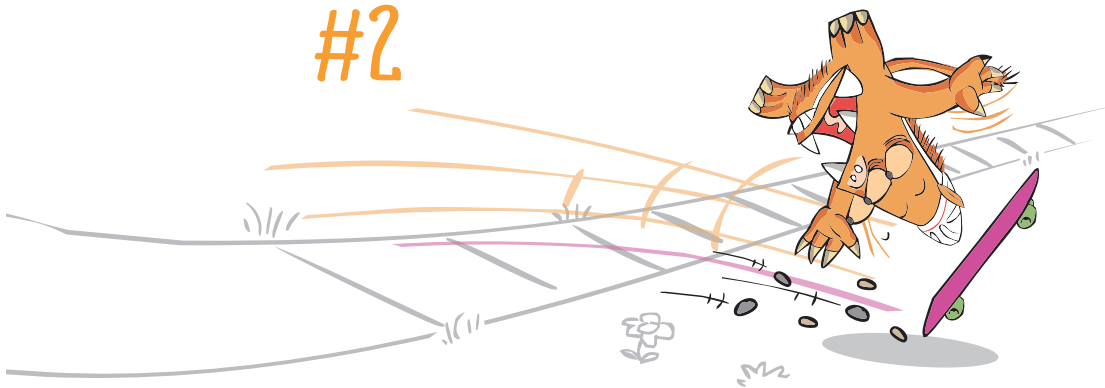


ANSWER THE QUESTIONS ON THE NEXT PAGE

#1



#2



#3



# DO YOU REMEMBER?

1. Moody is:

skateboarding

skiing

swimming

sleeping

2. In Picture #1, Moody looks:

happy

sad

surprised

brave

3. In Picture #2, Moody looks:

tired

surprised

bored

sad

4. In Picture #3, Moody looks:

mad

confused

tired

sleepy

5. Moody ran over a:

dog

house

rock

flower

6. Moody lost his:

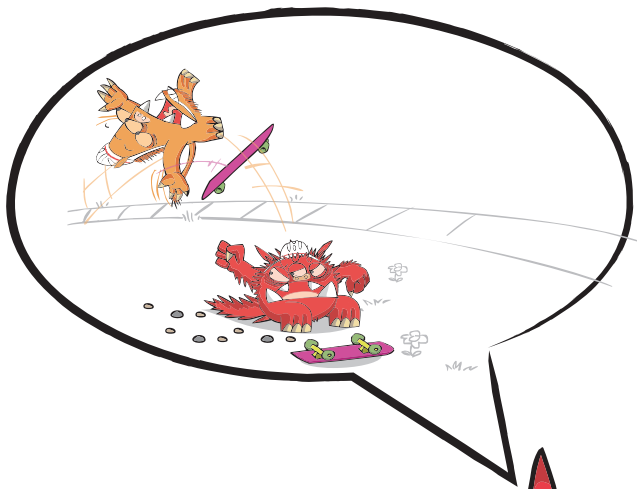
balance

helmet

lunch

cat

# MOODY PUSHED REWIND



Moody Remembered What Happened.

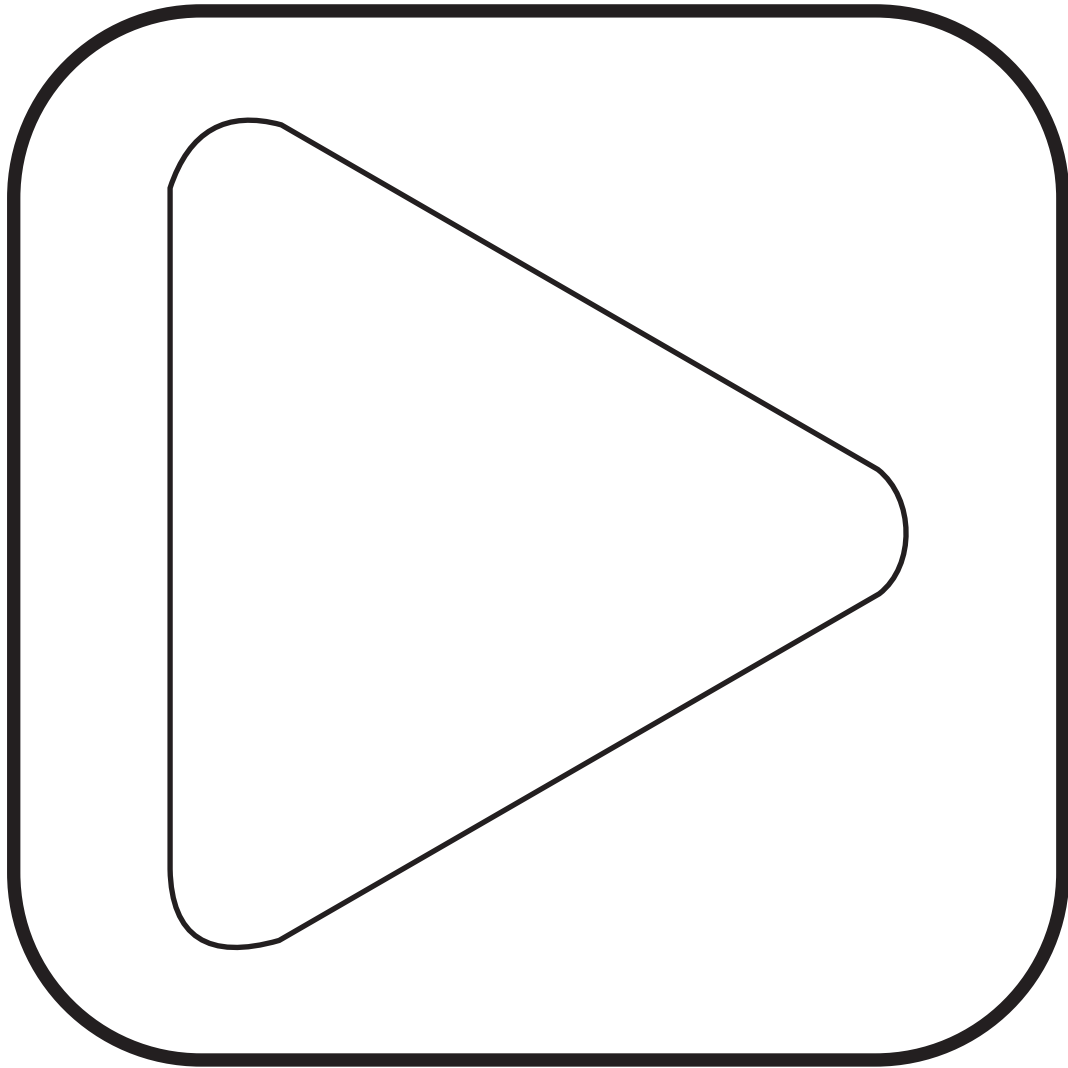


# 3RD STEP PLAY



Make A Smart Choice

# COLOR THE BIG PLAY BUTTON

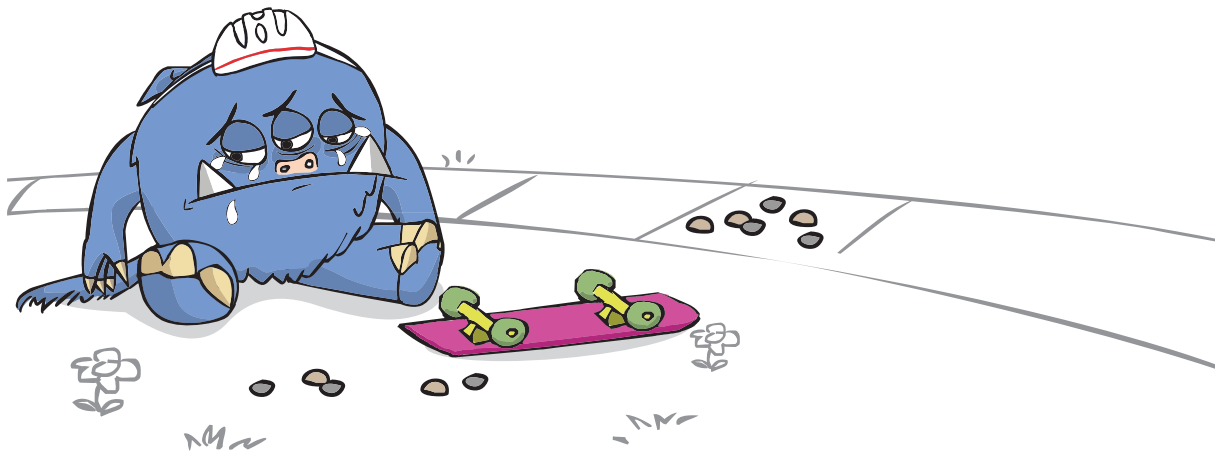


**PLAY** helps Moody make  
the best choice to work through his feelings.

# CIRCLE MOODY'S BEST CHOICE

#1  
○ ?

Sit and cry.



#2  
○ ?

Move the rocks & try again.



#3  
?

Stomp on the skateboard.



#4  
?

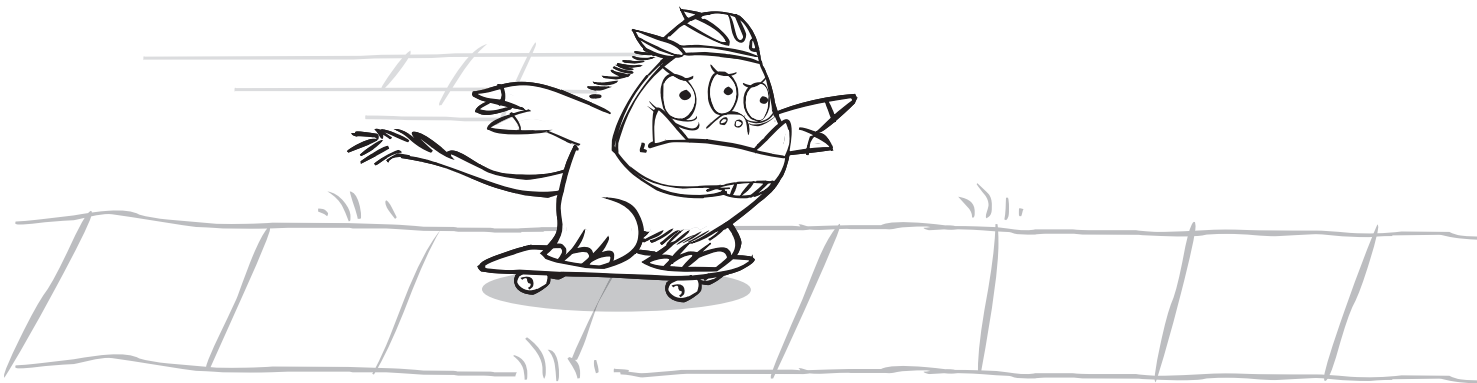
Quit and go home.



# MOODY PUSHED PLAY AND MADE A GOOD CHOICE



COLOR MOODY TO MATCH HIS MOOD



BRAVE

# MOODY MOVED THE ROCKS & TRIED AGAIN



# CERTIFICATE OF ACHIEVEMENT

THIS CERTIFIES THAT

---

---

---

HAS EARNED  
THE EMOTIONAL ABC'S TOOLBAR

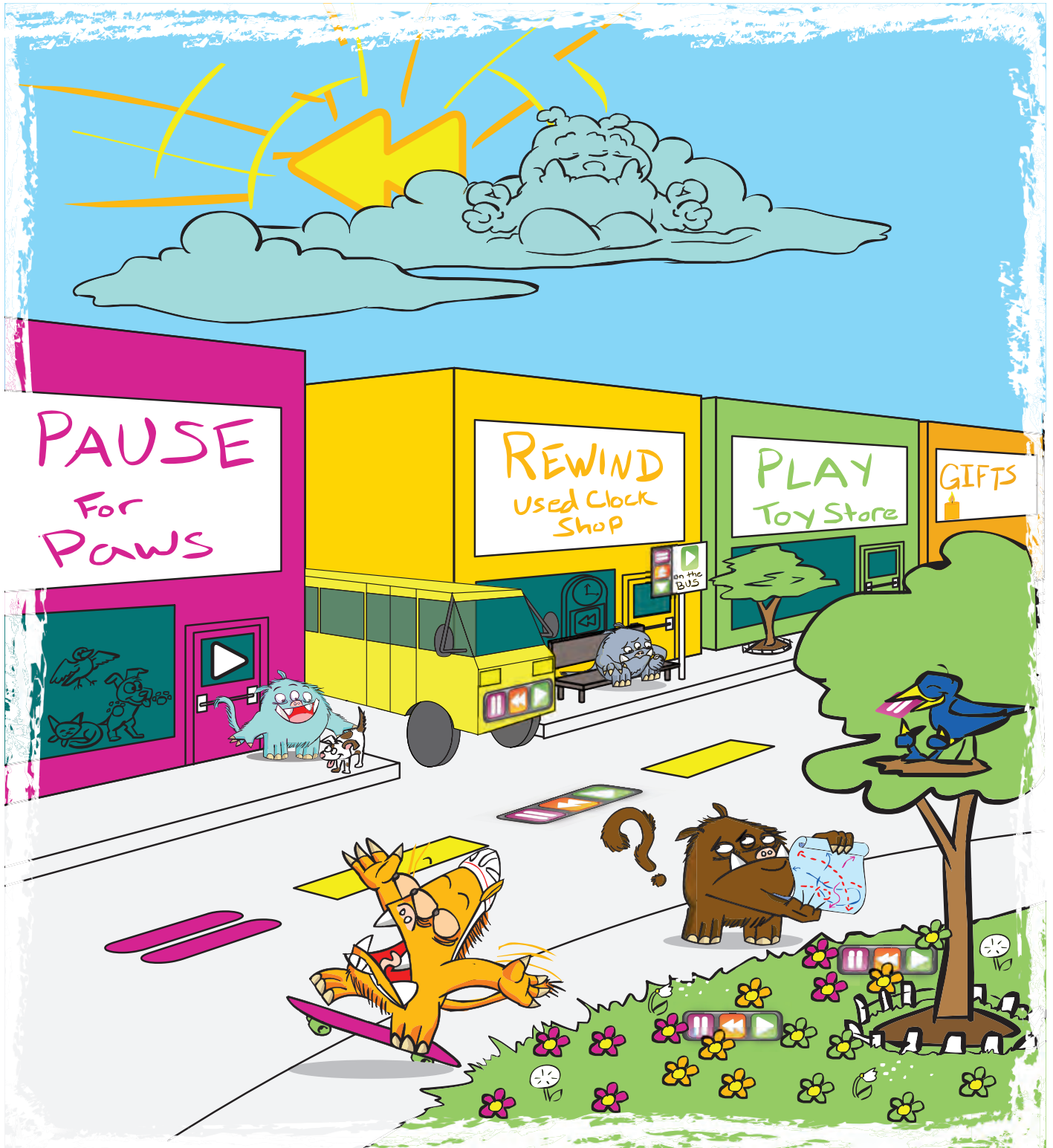


On the \_\_\_\_\_ Day of \_\_\_\_\_, 20\_\_\_\_





Signed Moody



# MOODLANDIA



## FIND THESE ITEMS:

- |   |   |   |   |   |
|---|---|---|---|---|
| 5 |  |  | 2 |              |
| 2 |  |   | 2 |  (DANDELION) |
| 2 |  |   | 1 |  (CANDLE)    |

## FIND A MOODY WHO LOOKS:

- |          |            |
|----------|------------|
| • SCARED | • CONFUSED |
| • HAPPY  | • CALM     |
| • SAD    |            |

## FIND THESE WORDS:

- PAUSE
- REWIND
- PLAY



# The Emotional ABCs Toolbar

## Practice Instructions:

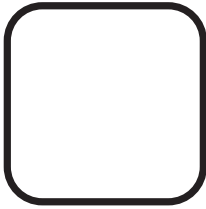
Make as many copies as you wish of the following page to use during emotionally challenging situations.

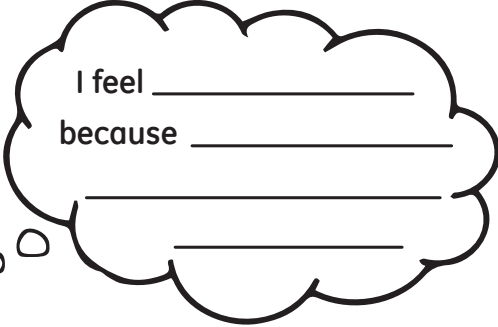
- A. Draw the Pause Button. Think about what emotion(s) you might be feeling. Circle them or write them in.
- B. Draw the Rewind Button. Think about what caused the emotions. Write a "BECAUSE" sentence that helps you understand what has happened.
- C. Draw the Play Button. Refer to the Playbook Cards at the end of this printout and decide what would be a good choice of action for you in this particular situation.

A. 

EMBARRASSED	<b>ANGRY</b>	sad	nervous
disappointed	bored	<i>calm</i>	<i>happy</i>
Proud	<i>confused</i>	<b>WORRIED</b>	MISERABLE
<b>FURIOUS</b>	<b>SCARED</b>	frustrated	<b>silly</b>
anxious	joyful	_____	

---

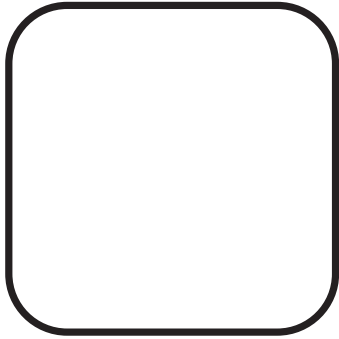
B. 



---

C. 

# The Emotional ABCs Toolbar Practice



EMBARRASSED

**ANGRY**

sad

nervous

disappointed

bored

*calm*

*happy*

Proud

**confused**

**WORRIED**

**MISERABLE**

**FURIOUS**

**SCARED**

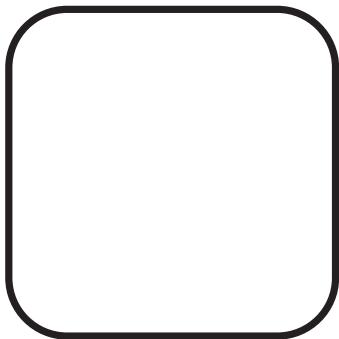
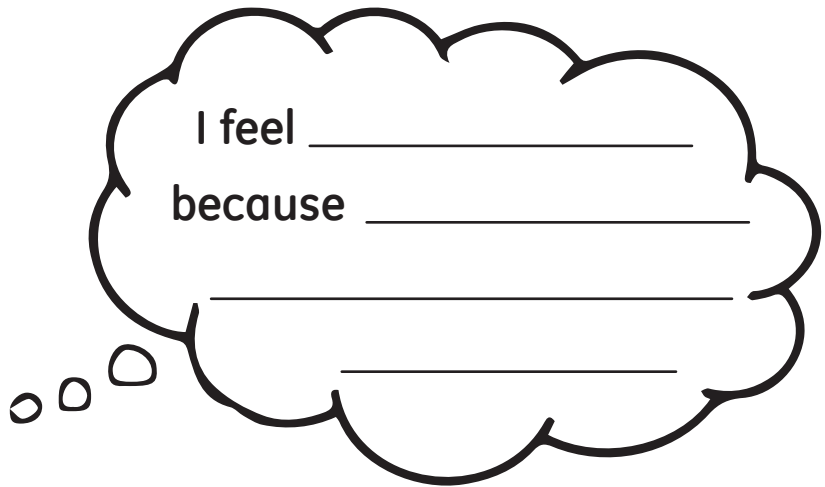
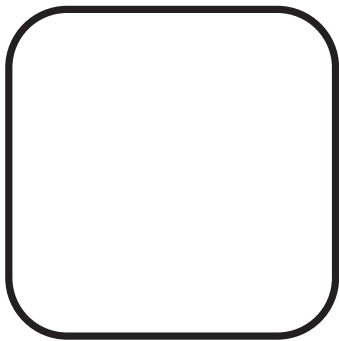
frustrated

**silly**

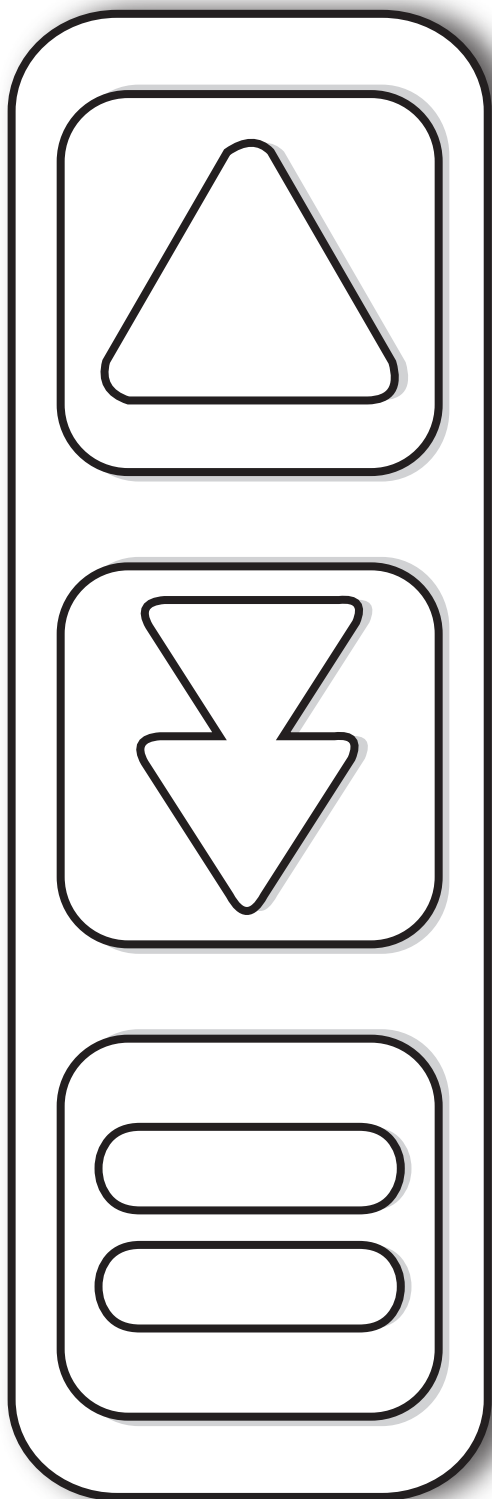
anxious

joyful

\_\_\_\_\_



Name: \_\_\_\_\_



TOOLBAR

# EMOTIONAL playing cards

On the following pages, please find several sets of Playing Cards to increase children's fluency with emotional vocabulary words, learn visuals for emotions, and develop a set of ready-to-go good choices of actions during emotionally challenging situations.

Use these cards as flashcards or to play matching games or other activities that help children become familiar with the components of strong emotional skills.

Card sets include:

- **Vocabulary Art Words** (the word style echos the emotion)
- **Moody Cards** (for visual reference to emotions)
- **Emotional ABCs Playbook Cards** (to strengthen good decision-making abilities)

ANGRY

happy

sad

Proud

calm

SCARED

WORRIED

silly

**MISERABLE**

elated

annoyed

EMBARRASSED

nervous

disappointed

confused

joyful

anxious

unhappy

AGITATED

disgust

frustrated

EXCITED

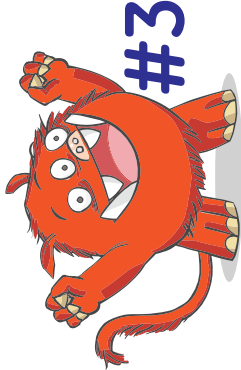
bored

FURIOUS

Set One

EMOTIONAL ABCs

GO MOODY!



#3

playing cards

EXCITED



EmotionalABCs.com

joyful



EmotionalABCs.com

silly



EmotionalABCs.com

MISERABLE



EmotionalABCs.com

nervous



EmotionalABCs.com

bored



EmotionalABCs.com

disgust



EmotionalABCs.com



# Set One

frustrated



EmotionalABCs.com

unhappy



EmotionalABCs.com

play



pause &  
breathe



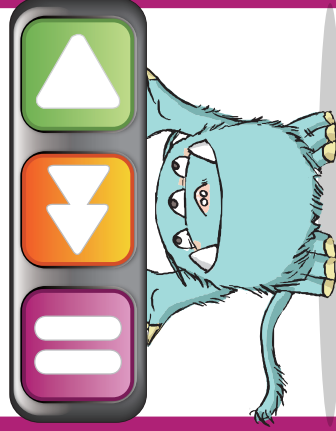
EmotionalABCs.com

rewind



EmotionalABCs.com

toolbar



EmotionalABCs.com

## GO MOODY--For 2-6 players

Collect the most sets of matching cards (4 cards per set, 13 total sets) to win!

Shuffle the cards. For 2 players, deal 7 cards each. For 3 or more players, deal 5 cards each. Spread out remaining cards face down to be used as the 'pool.'

Players check their hands for matching sets of 4 and place any full sets face-up on the table.

The youngest player goes first, asking any other player for a card that matches a card in his/her own hand. For example, the young (1st) player says, "Mom, do you have any Sad Moodys?"

The player who was asked must give ALL requested matching cards to the 1st player. If there is a match, the 1st player gets another turn, asking any player for a card that matches a card the 1st player currently

holds. (A player immediately puts any full set down on the table face up.)

The 1st player continues to have a turn as long as he keeps getting matches. If a request cannot be fulfilled, he is told, "Go Moody!" and draws a card from the 'pool.' If the requested card is drawn, the player shows the other players and gets another turn.

If the drawn card is not a match to the request but completes another set in his/her hand, the player places the set on the table but the turn is over. If the drawn card does not match the request, the card is added to the player's hand and the turn is over. The next player gets a turn.

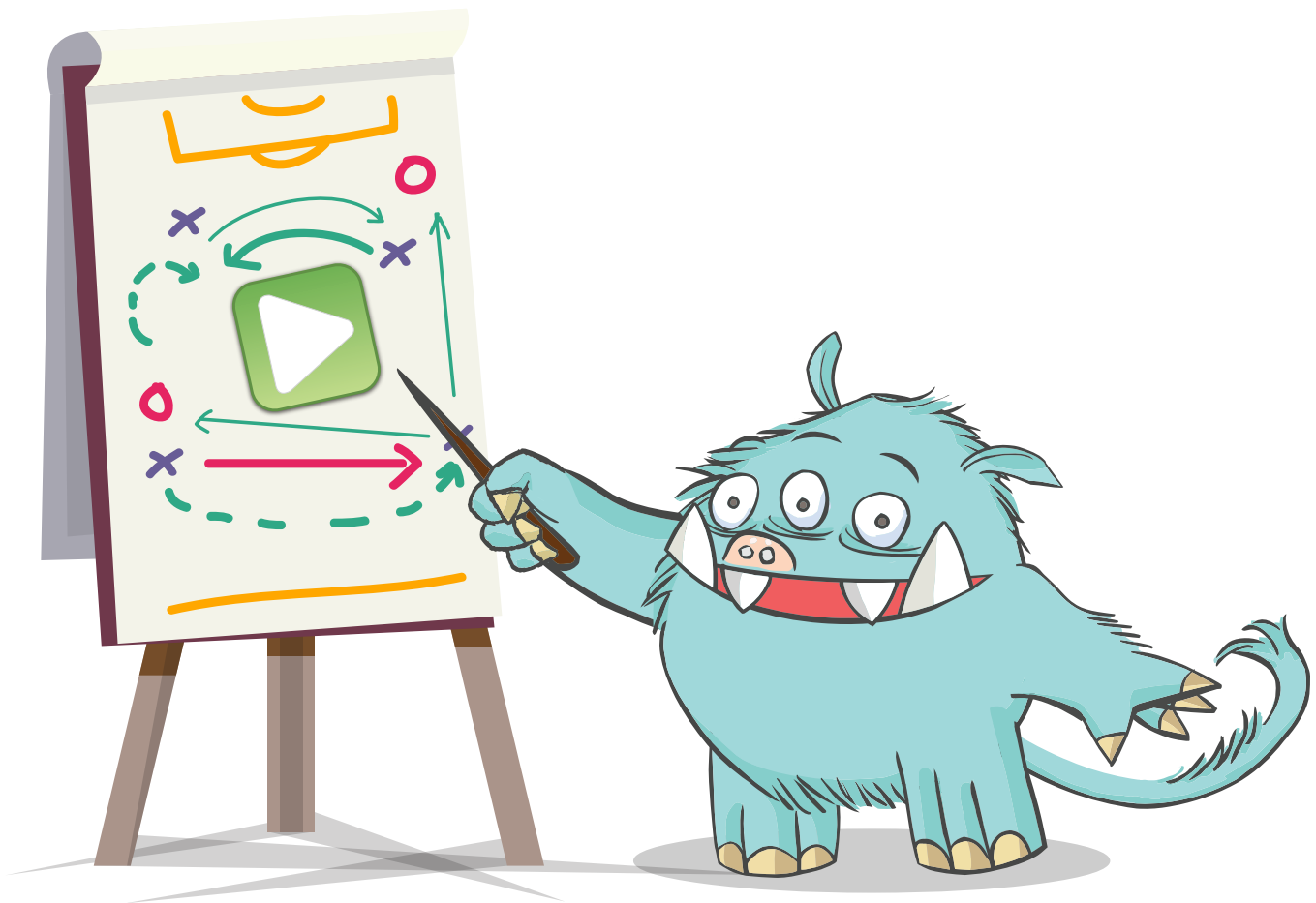
If there are no more cards in the pile, players continue to ask for cards from each other. The game is over when someone has no cards left and/or the pile has run out. The player with the most sets wins.

Game variation for young players: Collect 2 matching cards per set.

# EMOTIONAL ABCs<sup>®</sup>

## The EMOTIONAL PLAYBOOK™

Plays you can use when you  
push your **PLAY** button.



Use the Playing Cards on the next pages to learn about choices of action to use when you run into emotionally challenging situations. These "plays" can help a person quickly evaluate their situation and then access a mental repertoire of choices that might fit the situation.

## The TALK Play

Use this play when you choose to tell someone what you need or how you feel.



“I didn’t like that!  
Don’t do that again.”

EmotionalABCs.com

## The FIX IT Play

Use this play when you choose to fix your problem yourself.



EmotionalABCs.com

## The SUBSTITUTE Play

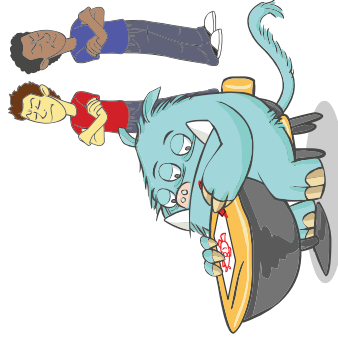
Use this play when you choose to switch out your original plan for a new one.



EmotionalABCs.com

## The REDIRECT Play

Use this play when you choose to redirect your attention to something that calms you.



EmotionalABCs.com

## The MOVE Play

Use this play when you choose to move your body to change your mood.



EmotionalABCs.com

## The TRY AGAIN Play

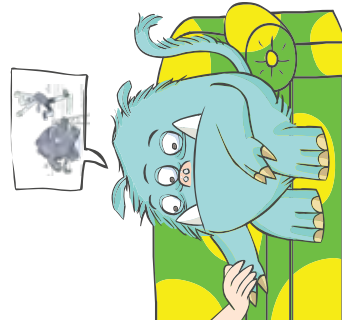
Use this play when you choose to try again.



EmotionalABCs.com

## The STORY Play

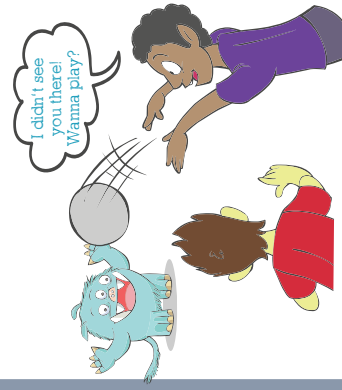
Use this play when you choose to tell someone the story of what happened.



EmotionalABCs.com

## The WAIT & SEE Play

Use this play when you choose to wait and get more information before you do something.

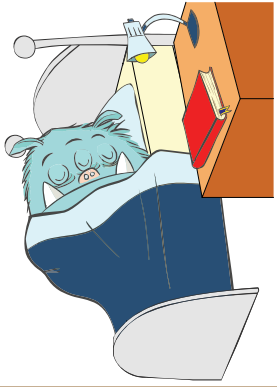


I didn't see you there!  
Wanna play?

EmotionalABCs.com

## The PIT STOP Play

Use this play when you choose to stop and figure out what your body needs like food, water or sleep.



EmotionalABCs.com

## The REFRAME Play

Use this play when you choose to look at a situation in a new way.



Even though we lost, we played our best!

EmotionalABCs.com

## OPEN PLAY



EmotionalABCs.com



## ABOUT EMOTIONAL INTELLIGENCE

Studies show that emotionally literate children can make **BETTER CHOICES** for themselves. Emotional literacy skills help children avoid the emotional pitfalls that get in the way of **ACADEMIC LEARNING** and personal happiness.

## WHY THE EMOTIONAL ABCs PROGRAM?

Just like academic skills, emotional intelligence **SKILLS** can be learned. The **EMOTIONAL ABCs** shows children ages 4 and up (and their parents!) what to do. It's easy to learn and easy to remember. It's as simple as A, B, C!

## ABOUT EMOTIONAL ABCs

Emotional ABCs is America's most awarded and most used evidence-based emotional regulation and social skills program for children ages 4-11. The interactive online learning material teaches kids how to figure out **What** they are feeling, **Why** they are experiencing those emotions, and **How** to make better choices for lifetime emotional resilience.

Emotional ABCs' foundational curriculum is currently used by parents, teachers, and therapists in 120 countries, in classrooms in 118,000 schools (including more than 38,000 special education classes) and by Children's Hospitals across the USA. Recent honors include the inaugural Anthem Award for purpose and mission-driven work, the CODiE award, a "Best Digital Tool for Teaching and Learning" from the Association of School Librarians and the Common Sense Education "Top Pick for Learning" award. Learn more about us at [EmotionalABCs.com](https://EmotionalABCs.com).

[emotionalABCs.com](https://emotionalABCs.com)

Copyright © 2020, Emotional ABCs, Inc.

Emotional ABCs, Moody name and character, and 'Pause, Rewind and Play' words and design are trademarks of Emotional ABCs, Inc.