

Practical Activity 6: The parking of emotions- Activity that is meant for the development of self-control

Description of the Practical Activity: One draws a big picture on which the main emotions are represented (nervousness, sadness, happiness, pride, embarrassment, confusion, loneliness) and on the opposite side possible solutions are laid out (breathe deeply, hold my hand, count till 10, jump three times, ask for a hug, etc.). The picture looks like a big parking lot and small car toys are used, which kids can move accordingly.

Link to file to be downloaded: <http://therapeuticinterventionsk-12.blogspot.com/2013/04/feelings-parking-lot.html>

Do's and Don'ts on how to deal with children: It is very important to help preschool-aged kids to identify their emotions and to find ways of externalizing them in a socially acceptable manner. Also, it is very important to acknowledge the authenticity of their feelings, without blaming them or mocking them and without creating a competitive or hostile environment.

Example: <http://therapeuticinterventionsk-12.blogspot.com/2013/04/feelings-parking-lot.html>

