



CHILDREN'S WORKSHOP II

(FOR USE AFTER CHILDREN HAVE PASSED THROUGH
THE INITIAL TRAUMA)

Because of the strong emotional responses and volatility of people involved in a catastrophe, it is advised that appropriate mental health personnel or counselors be available to work with participants during this workshop.

CORE CONCEPTS:

Let's learn about emotions. This component of the general workshop will complement the adult's workshop in which parents will discuss "emotion coaching." Both parent and child have a part to play in the coaching process. An important part of this process for children is to learn about their own emotions (naming them) and learning how to express them in a positive way.

TARGET GROUPS:

Children of parents attending the Adult Workshop focused on "Emotion Coaching." This workshop is used after children have started re-establishing after the trauma. Instead of bringing up the trauma which could agitate the child needlessly, the focus is on emotions.)

GOAL:

Children will participate in activities that pertain to emotions such as sad, happy, mad, and scared. This workshop is intended to increase each child's awareness of emotions in a general way, so they can talk about feelings with their parents.

OBJECTIVES:

Children participating in the session lead by a psychologist and other adults will have the opportunity to:

- Learn to identify emotions
- Learn some ways to express emotions (words, music, drawing/art)
- Reinforce that children can talk to their parents about how they feel

ACTIVITY STATIONS:

No more than 5-6 children should be in each group. The "activity centers" can occur simultaneously with one or, preferably two volunteers in each center as facilitators.

- Story
- Video
- Art
- Music and movement



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CHILDREN'S ACTIVITIES:

- Listen to stories about emotions and feelings (PBS books by Children's Television Workshop)
- Watch a video about feelings. The Mr. Rogers' very general video on his website about feelings is a good resource to use. Pause to discuss the contents.
- Sing songs about emotions (if your happy and you know it; sad and you know it, mad and you know it, scared and you know it)
- Color or paint feeling faces (Mr. Rogers); Make feelings collages (cut out pictures from magazines that pertain to feelings)

GROUND RULES:

Those who work with the children need to address discipline and behavior in a positive way. All of the volunteers should be familiar with "Emotion coaching" techniques. At the beginning of the session children should be told: "this is a safe place and we have some rules. No one will be allowed to hurt another person with words or any other way. If we see any of you hurting another, we will remind you about this rule, and someone will help you." Help you means that a volunteer will work with the child to understand the emotions he or she is expressing and talk about other ways the child may express him or herself. For example, if two children get into a scuffle, volunteers will help the children work it out with words or compromise/cooperation. Children with exceptional difficulties will have a shadow that will help them throughout the entire session. We will designate a quiet corner for children to regroup if they get too excited. This is not time out! There will be limits but no child will be punished or asked to leave the session.

VOLUNTEERS' GUIDELINES:

Tell the child it is OK to be frustrated, but not ok to hurt others or to be mean. Say "what are some ways you can show how frustrated you are besides (name the behavior observed)."

Reflect with words what the child might be feeling. Use feeling words to describe the child's emotions such as "you looked frustrated when..." or "you look mad" or "maybe you felt sad when so-and-so took your marker." Then say: "It is okay to have those feelings but I will not let you hurt anyone else. And I won't let anyone hurt you here." Then give the child ideas for expressing emotions like dancing, jumping, or stomping feet.

If a child cries during the session say "you look sad. It is ok to cry; when you are done, you can tell me why you are sad."

LINKS FOR MATERIALS USED IN WORKSHOPS:

Mister Rogers Materials

<http://pbskids.org/rogers/parentsteachers/special/scarynews-thoughts.html>

<http://pbskids.org/rogers/parentsteachers/special/scarynews.html>

To order:

Sesame Street Friends to the Rescue

<http://www.sonymusicstore.com/store/catalog/TalentDetails.jsp?talentId=400881>

To order:

Parenting Counts Materials

<http://www.talaris.org/store.htm>