

THEME OF THE MONTH

I TAME MY EMOTIONS

DISCOVER THE FASCINATING WORLD OF EMOTIONS WITH GROUPE KARATÉ SPORTIF!



Subjects of the week:

WEEK 1 My brain and my emotions



WEEK 2 I identify my emotions



WEEK 3 I express my emotions



WEEK 4 I calm my emotions



THEME OF THE MONTH

WEEK 1



I TAME MY EMOTIONS

Subject of the week:

My brain and my emotions

EXPLANATION

At Groupe Karate Sportif, we are like ninjas: we are strong and in control!

But do you know how we manage to do that?

It's because of our brain! It is the leader of our body and of our emotions! If we want to kick, it is what gives the instructions to our legs to do the kick.

Can you show me where your brain is?

Yes, it's here in your head! (Look at the poster with your brain).

Do you know that everyone has the same brain?

A bit like everyone has two eyes, a nose and a mouth. It's just that everyone has small differences, which makes us all unique!

At your age, your brain is still **under construction, especially the part of the frontal lobe, the one that helps you to be focused and in control**. That's why sometimes it can be difficult for you to control your emotions. But fortunately, by better understanding your brain and with little tricks that we will practice in karate, you can do better!

This month, at Groupe Karate Sportif, we will talk about your brain and your emotions every week.

I learn to become confident, focused and in control with **GROUPE KARATÉ SPORTIF!**



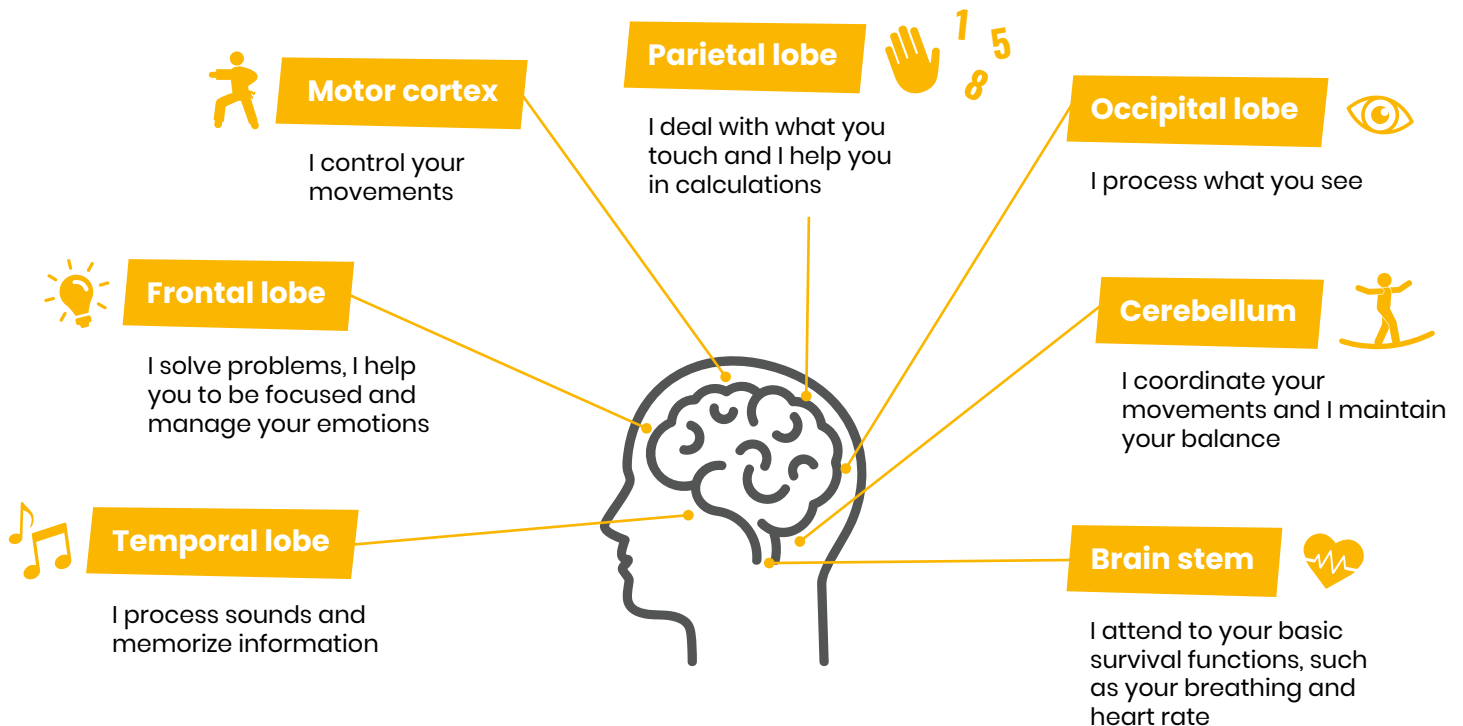
With my **BODY**, I learn to :

- Develop my strength and endurance
- Become flexible and fast
- Coordinate my movements well
- Have confidence in my abilities



With my **BRAIN**, I learn to :

- Know parts of my brain
- Identify my emotions
- Express my emotions
- Calm my emotions



THEME OF THE MONTH

WEEK 2



I TAME MY EMOTIONS

Subject of the week:

I identify my emotions

EXPLANATION

Today, you will learn to **identify your emotions**. What for? **Because an emotion tells you that you are reacting to a situation and it helps your brain adapt to the situation.**

Take **Nico's story**: when he plays hockey at recess, Thomas often tells him he sucks. Every time, Nico **has tears in his eyes and his stomach hurts**.

Let's imagine that with a wave of a magic wand, Nico is given the **super power to identify his emotions**. With his new power, he can now **observe the signs inside him** that something is wrong.

Nico will think, "Well, look, I feel tears in my eyes and my stomach hurts when I play hockey at recess. What's going on?"

What do you think Nico **will discover**? **Maybe that he is angry and tired of Thomas insulting him?**

What do you think will happen now? **He will be able to address it and find solutions.**

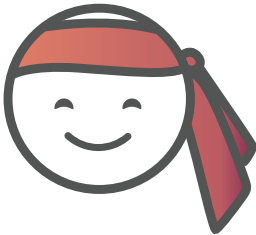
When there are signs inside you, **stop and do like Nico.**

Ask yourself:

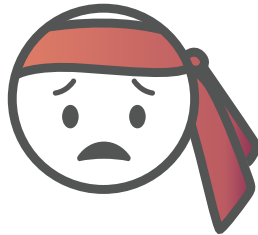
- What's going on?
- How do I feel?

To help you identify your emotions, use this emotion poster. You can put it in your room or on the refrigerator in the kitchen for example!

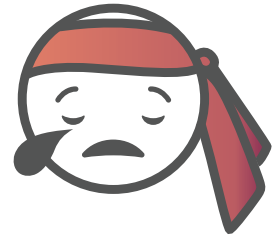
I identify MY EMOTIONS



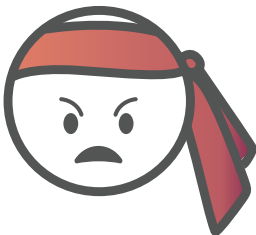
HAPPY



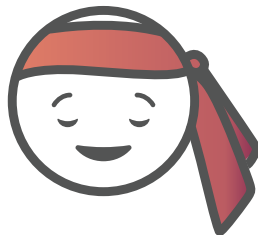
STRESSED



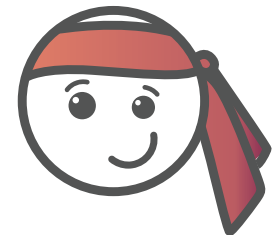
SAD



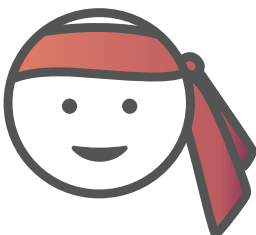
ANGRY



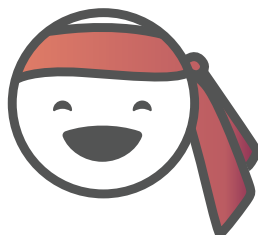
PROUD



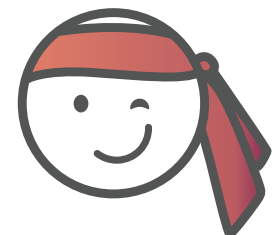
SHY



CALM



EXCITED



CONFIDENT

THEME OF THE MONTH

WEEK 3



I TAME MY EMOTIONS

Subject of the week:

I express my emotions

EXPLANATION

This week, the subject of the week is: I express my emotions. Expressing means **letting others know how you feel through words or gestures**.

Do you think it's easy to talk about your emotions?

For many people, children and adults alike, it can be difficult.

Why do you think so? Because we may:

- be afraid of not being understood
- be afraid of hurting other people's feelings or of making them laugh at you
- be afraid of how others will react
- think we shouldn't feel this way
- not know what to say

But do you think it's good for your health to express your emotions? Yes, it can help you :

- feel better and liberated
- be understood by others
- feel less alone
- find solutions

When you keep your emotions bottled up inside you, you can end up feeling stressed, misunderstood and lacking energy.

So learn to express your emotions with us! The more you practice, the more comfortable you'll feel. It's like karate: Effort + Practice = Success!

On the next page, you'll find a poster to help you express your emotions in a way that's respectful of yourself and others. Use it at home and at school!

Ideas for EXPRESSING MY EMOTIONS



When I **FEEL...**, I **CAN** :

HAPPY



- take the time to tell others that I am happy
- thank life for this beautiful moment of joy
- take a photo of myself as a souvenir and put it in my room

STRESSED



- take 6 deep breaths
- write my thoughts in a notebook
- share what's stressing me with someone I feel comfortable with

SAD



- do something that comforts me (play the piano, read a good book...)
- draw my sadness (what shape would it be? What color?)
- talk to someone I trust about what makes me sad

ANGRY



- say: "Stop! I am too angry to talk to you. I need to calm down."
- do physical exercises until my anger calms down
- try to put my anger into words: "I'm angry because..."

PROUD



- name what makes me proud: "I feel proud because..."
- write in a pride notebook or on a message board what makes me proud
- discover my qualities and what makes me unique

SHY



- discuss my embarrassment with someone I trust: "I'm shy to ...".
- remind myself that it can happen to anyone to be shy: lots of people feel it, even great artists and athletes
- give myself small challenges to tame my shyness and gain confidence

CALM



- identify the signs in my body that tell me I'm calm
- tell people around me: "I'm calm" or "I feel calm"
- ask for a hug or a massage

EXCITED



- recognize the signs inside me that tell me I'm excited
- use this energy to create a project
- do something I love: dancing, karate, cycling

CONFIDENT



- share with others how I feel
- write down the thoughts in my head that give me confidence
- use this confidence to resolve situations and find solutions

THEME OF THE MONTH

WEEK 4



I TAME MY EMOTIONS

Subject of the week:

I calm my emotions

EXPLANATION

This week, the subject of the week is: I calm my emotions. Calming your emotions means **reducing them** when they are too intense. When you're experiencing an emotion, you can see that sometimes your emotion is as small as a snowflake, while at other times it's as big as a snowstorm!

When it's a snowstorm, your emotion takes control of your brain. When you take deep breaths with your belly, you **help your brain regain control and think clearly.**

The storm has subsided, but not yet enough! Let's do it again together.

Use our mascot Shuto's reminder to help you practice your breaths. Don't forget that you can do your breathing at home, but also on the bus, in your classroom and even on the playground!

Practice with me!

- lie down on your back
- imagine you're in a snowstorm
- put both hands on your karate belt
- breathe in air through your nose
- inflate your belly like a balloon
- breathe out air through your mouth
- feel your belly deflate

I'm calming my emotions through **BREATHING**



1.



I inhale air through my nose. I inflate my belly like a balloon.



2.



I exhale air through my mouth. My belly deflates.



3.



I do it again **6 TIMES**: observe how calmer you are!

THEME OF THE MONTH

5 useful tips
for parents

I TAME MY EMOTIONS

Embracing your child's emotions can sometimes be a challenge. Learning about your child's brain development can help you better understand his or her reactions. Understanding helps your brain to see more clearly and to calm down.

Here are a few **TIPS** to help your child tame his emotions:

1. I encourage my child to put his or her emotions into words: "Is it possible that you're feeling (angry, sad, excited...)"
2. I help him identify the signs in his or her body of the presence of an emotion: "I see that you're stamping your feet and that your fists are clenched. How are you? What's going on?"
3. If my child tells me he or she is angry, I can ask questions to get him or her to talk about it. I adopt a curious attitude to understand the story behind his emotion.
4. I remember that his or her brain is still under construction, especially the emotional control zone. I help my child practice these tools and support him in using them.
5. If my child has a strong emotion, I can ask myself: what can I do to help my child's brain calm down? What does he or she need?

THEME OF THE MONTH: I TAME MY EMOTIONS

Tame my emotions checklist!

This chart enables your child to regularly use the tools to tame his emotions.

Self-assessment by the child

Each time you use the tools in the table, put a checkmark. ✓

	MON	TUE	WED	THU	FRI	SAT	SUN
1. I identify the signs in my body that tell me I'm experiencing an emotion (my heart beats fast, I talk loudly, I have tears in my eyes...)							
2. When there are signs inside me, I stop and ask myself: - what's going on - how do I feel?							
3. I try to put my emotions into words: I feel (sad, stressed, angry, excited...)							
4. I use the emotions poster to identify what I'm feeling							
5. To express my emotions, I use the tips written in the "Ideas for expressing my emotions" poster.							
6. When I have an emotion as big as a snowstorm, it takes control of my brain. I take deep breaths to calm it down.							
7. I do Shuto's breaths with my belly at different times of the day.							

Comments:

Parent's signature: _____

Teacher's signature: _____

DON'T GIVE UP! YOU CAN DO THIS!

Designed and written by Groupe Karaté Sportif, in collaboration with Isabelle Verret, psychologist and Studio Grif, infographics.

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