



Social Worker Snippets-October 2017

School is now in full swing. You may or may not have seen the movie "Inside Out". If you haven't seen the movie, check it out. It's a really good visual representation of feelings that kids can relate to. One of the things I do at school is help kids express their feelings. Here's a little snippet so you can ask your kids about their feelings and school.



Joy: Happy, delighted

Our goal is for kids to experience joy throughout the day. Kids will probably say lunch and recess is where they are joyful. What do your kids say? If your child is not experiencing joy, ask them why and allow them to share with you. If you have any concerns, please contact the school.



Anger: Mad, upset

Our goal here is for kids to experience no anger, but if they do, to teach them how to appropriately manage their anger. What makes your child angry? How do they react? How do you react when you are mad? What can you teach your child with regard to managing their anger?



Sadness: Unhappy, sad, depressed

Our goal is to have this comprise only a very small amount of a child's day. As we learned in the movie, without sadness, we have no happiness, so we understand sadness is an important emotion, but we don't want it to consume our days. What, if anything, makes your child sad at school? What advice can you offer?



Disgust: Sicken

Kids are not usually disgusted at school. Do your children know what disgusts is? What disgusts your child(ren)? Do the same things disgust you?



Fear: fright, terror

Above all else, we do not want children to be fearful of or at school. We work hard to make this a safe place. What are your child's fears? Does their teacher know or need to know? What comforts them? If your child is scared of or to come to school, please notify us immediately.

The one the movie doesn't talk about:

Anxious: Worry, distressed

Adults worry. Kids worry. Worry is normal. Sometimes kids worry about taking a test. They may worry about making new friends or losing their old ones. A little worry is normal in their lives and having a supportive adult to listen is important. What worries your child? How can you help reassure them? What advice do you have for them?



When Emotions are too much

Sometimes it is just too much. As adults we sometimes feel this way, so imagine being a kid and feeling overwhelmed. By this time in the year, children should be settled into the school routine. If they are not, here are some things you can try to help your child be more at ease with school.

- Routines: Regular and predictable nighttime and morning routines are soothing to children and support good emotional health.
- A special goodbye: Maybe it's a secret handshake or a hug and kiss, but making the goodbye special leaves the child with a happy feeling.
- Reassurance: Explaining to the child when you will see them again can calm nervousness about leaving a parent.
- Communicate with them: Many kids cannot verbalize their feelings, but can draw and picture and explain it. Ask your child what bothers them about or at school. Use drawings if it helps. Then, help your child problem solve and identify a plan to help your child cope with his or her concern. Include the teacher in this conversation as well.