



BRAIN-BASED STRATEGIES TO HANDLE STRONG EMOTIONS

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Overview

- ✓ Elementary Counselors-one assigned to each building, Master's level professional with a focus on career, academic, social/emotional
- ✓ Parenting sessions-4 this year, this is 2nd in the series, 1st session is online for viewing
- ✓ Desire to connect school and home

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Strong Emotions

- ✓ Describe the strong emotions that you observe with your child/children
 - Examples: Anger, sadness, embarrassment, lonely, tired, etc...
- ✓ Why is anger called a “surface” or “secondary” emotion?
 - We use anger to cover up other uncomfortable and vulnerable feelings
 - Primary Emotion is hidden underneath the surface
- ✓ “It’s ok to be mad but not to be mean” All feelings are ok but using healthy strategies are necessary for healthy relationships
- ✓ Anger Iceberg (see handout)

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The Angry Brain

- ✓ What happens when your brain is angry/stressed-out? What happens when children push our buttons?
- ✓ Video
- ✓ <http://www.kidsinthehouse.com/all-parents/health-and-wellness/brain-enrichment/what-happens-brain-when-we-get-angry>
- ✓ When you stay calm, it helps your child stay calm which models healthy coping strategies

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The Angry Brain

Fun facts about an angry brain:

- ✓ Amygdala triggers anger as the fear alert system
- ✓ Adrenaline (chemical) is produced
- ✓ Heart rate increases, talk loudly and faster, blood pressure increases
- ✓ Processing diminished, not thinking as clearly and rationally
- ✓ Anger helps to protect and motivate us but not make the best decisions
- ✓ **Brain-Based Time Out (see handout)**
- ✓ **Resources (see handout)**

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Resources/Ideas

- ✓ Belly Breathing (Sesame Street video)

https://www.youtube.com/watch?v=_mZbzDOpyIA

- ✓ Stop, Think, then Act activities to teach impulse control

Examples: Blowing and popping bubbles, balloon,

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Resources

- ✓ The Gottman Institute www.gottman.com
- ✓ IU-13 and Lebanon Cedars School Counselors
- ✓ <http://www.kidsinthehouse.com/all-parents/health-and-wellness/brain-enrichment/what-happens-brain-when-we-get-angry> (Video we watched)
- ✓ You Tube (video), PBS Kids
- ✓ Kids in the House (website)