

Primary

I Can HANDLE It!



The Creative Setup

Provide the following materials to each student:


- Thick paper 
- Colors 
- Pencils 
- Stickers 
- Markers 
- Decorations 



Introduction

Ask children:

- How does it feel to be angry and frustrated? Describe two body feelings and two emotions.
- How do you think people around us feel when we are angry? Describe two body reactions and two emotions they might have.
- Do you think we can learn to control our impulses and stay calm?

 The power is in our hands. Have students trace their hands on a piece of thick paper and simultaneously begin creating a big hand as a group project.

Step 1:

Identify Early Warning Signs - Thumb

On the thumb, ask them to write or draw a sign that they are starting to get upset, like a fast heartbeat or feeling hot

Step 2:

Verbalize Feelings - Index Finger

On the index finger, have students write or draw a phrase they can use to express their feelings when they notice these signs, such as "I'm starting to feel upset" or "It's getting too much."

Step 3:

Step Out - Middle Finger

On the middle finger, have students draw a pair of glasses or a circle to remind them to step out and view the situation from a distance or repair to a safe space.

Step 4:

Rainbow Breathing - Ring Finger

On the ring finger, have students draw a small rainbow. Teach rainbow breathing: breathe in and breathe out as you trace the colors of the rainbow.

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★Step 5:

Positive Self-Talk - Little Finger

On the pinky finger, have students write or draw a star to remind them to use positive self-talk, like "I can handle this."

👏Creating the Visual Plan:

Create a big hand to display in class as a reminder of their impulse control power. Invite children to write or draw on each finger techniques and examples for the five steps they've learned: recognizing signs, verbalizing feelings, stepping out to a safe space, using coping strategies, and positive self-talk.

☀️Display the big hand in the classroom as a shared commitment and revisit it occasionally with new techniques.

