

Calming Kit Construction



School



Home



Printable

PHE Curricular Competencies: Physical Literacy, Health and Active Living, Social and Community Health, Mental Well-being

Audience(s): Grades 4-6

Hyperlink: [Calming Kit Construction](#)

Description

This kit is designed to help generate discussions with children about what strong emotions feel like. It guides parents and teachers to help students understand what they can do to identify and manage these emotions when they happen.

Objective(s)

This kit encourages children to explore self-regulation strategies by asking questions that will help them understand their emotions. Instructions are provided for children to create a personalized Calming Kit to support managing their emotions.

Curricular Connections

This resource supports the Mental Health aspect of the Physical and Health Education Curriculum:

- Describe and assess strategies for promoting mental well-being, for self and other
- Developing healthy relationships help us feel connected, supported and valued

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com