

BUILDING RESILIENCY IN CHILDREN: KARMA COMPLETIONS

Emotion Regulation is...

being able to identify and manage your feelings



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KARMA COMPLETIONS

Students will:

- Discuss the emotions related to making mistakes
- Think critically to create drawings from abstract lines and shapes

Materials:

- Karma Completions worksheet

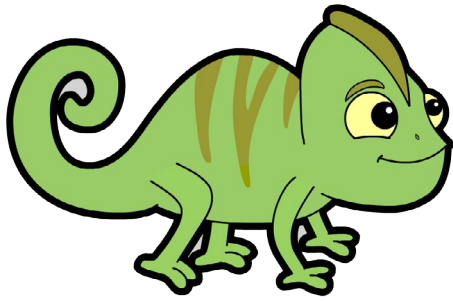
Identifying and managing your feelings, or Emotion Regulation, requires the ability to respond to strong emotional situations in a socially acceptable manner. Making a mistake, especially when we have been working hard on something, can cause strong emotions. So it's important that we build resiliency in children by teaching them how to react and move forward positively from both small and big mistakes. Mistakes can often be a starting point for even better ideas!

Discussion:

1. How does it feel when you make a mistake on something you've been working hard on?
2. What are some things we can do when we get upset about our mistakes?
3. Can mistakes ever be a good thing?

Directions:

1. Tell students that sometimes what we think is a mistake can help us come up with ideas that are better than our original plan.
2. On the worksheet, Karma started a doodle in each square, but gave up when she thought she messed up. Students should complete each drawing using the line or shape that is already there.
3. When students are done, have them compare their drawings. Discuss how they all started with the same "mistakes," but came up with unique ways of turning them into something great!



KARMA'S COMPLETIONS

Name: _____

Directions: Karma the chameleon started a bunch of different drawings, but she gave up when she thought she made mistakes. Use your imagination to complete the drawing in each of the squares using the line or shape that is already there. Help show Karma how she could have turned her mistakes into cool drawings!
