

**Emotions:  
What's the end goal?**

# Friendship

**If we do not teach a child to be pleasant, they will not know how to be a friend, and that will be a great loss.**

*BukRate.com*

*Intellect is the light which illuminates its path, and without this light, emotion changes back and forth. In fact, if emotions prevail over the intellect, it is able to obscure the light and distort the picture of the entire world... Emotional stirrings need the control of reason and the direction of the will.*

*—Edith Stein—*



# Make the Check List of Life Situations

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We teach our children the appropriate emotional responses through our modeling. When we fail even those moments are great teaching opportunities. EX: I really became angry but I apologized to Dad and went to confession asking God's mercy and to gain the strength of patience.

## **WHAT KIND OF SITUATIONS Will be Learning Opportunities for our Children?**

Disappointment, Frustration, Betrayal, Rejection, Grief, Pain, Confusion, Greed, Losing

Achievements, Good News, Visitors, Growth, Opportunities, Hard Work, Generosity, Mercy

"THE GREATEST GIFTS WE CAN GIVE OUR  
CHILDREN ARE THE ROOTS OF RESPONSIBILITY  
AND THE WINGS OF INDEPENDENCE."

—DR. MARIA MONTESSORI

*The*  
POST OAK  
SCHOOL

# If they R not safe

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Redirect or  
Remove.



# Let them be

When you have  
to redirect,  
remove, or  
discipline.

They will show  
anger and  
frustration.

Let them feel  
the pain. It  
is good for  
them!

# If they are Safe: Observe first & be patient

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Simply watching how they are handling the situation will teach you so much. Give them some time to problem solve and figure it out.

Check your body language:

Are you showing fear or confidence?

Are showing gentleness or anger?

Are you showing irritation or patience?

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“It is necessary for the teacher to guide the child without letting him feel her presence too much, so that she may always be ready to supply the desired help, but may never be the obstacle between the child and his experience.”

-Maria Montessori





**Do not tell them how to do it.**  
Show them how to do it and do  
not say a word. If you tell them,  
they will watch your lips move.  
**If you show them, they will want to  
do it themselves.**

— *Maria Montessori*

AZ QUOTES

# When will it get easy for them ? When did it get easy for you?

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Under 6: They are very dysfunctional in their play because they still haven't quite mastered themselves. Like the blind leading the blind they become quite frustrated with one another. There is a time limit until they boil over like a pot of water on the stove.

6-9: They are learning to play but do so with rudeness. They have to be taught how to be tactful and courteous.

9-12 They care more about one another's opinion than adults. Need activities that give them something fruitful to do and positive role models. Sports, arts, theater, hobbies etc.. give them healthy ways to have leisure with their peers.

# Helpful phrases

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Try Again...

with gentleness, patience, love, kindness

You can feel \_\_\_\_\_ and perhaps you can \_\_\_\_\_ to feel better but you may not \_\_\_\_\_.

That was not safe. That is not a choice. This is your only choice right now.

# They need opportunities to observe, process, practice

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Name the emotions:

- little ones enjoy learning the many faces of the emotions
- What does happy look like? Sad? Surprised? etc...

Older Children Talk about it: (try your best to really listen and not react)

- Tell me more...
- How did that make you feel?
- What solutions are there?
- What consequence do you think is appropriate?
- What do you think a good friend looks like?
- Do you think you are a perfect friend or does it take practice?

# Scientist: What are the triggers to your child's behavior?

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Hunger/Tired

Overwhelmed/Overstimulated

Needing time alone

Needing structure or More challenging tasks

Feeling Rushed

Need for movement or the outdoors

Difficulty in Communication

# Name those good moments

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You were so patient, generous, kind, loving.

You were listening so attentive and respectfully.

I notice how hard you worked on that.

I saw your determination.

You could have complained but you remained peaceful even though it was hard.

Your soul is growing so much!

# Education in Virtue: Caught & Taught

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- Read good books about the virtues
- Check the things your children see and hear.
  - They will imitate everything!
- Read the lives of the saints.
- Give them good heroes to imitate!

# Recommendations for Education in Virtue

- Podcasts to Inspire our Children
  - [Catholic Sprouts](#)
  - [Saint Stories for Kids](#)
- Books for our Children
  - William J. Bennett books on Virtues, they are a compilation of many genres of literature and for different age ranges! Yes they are at the library and audible
  - Saint Books [Katie Bogner's Book Reviews](#)
- Books for Parents
  - [Audible: Growing Up Social Book](#)
  - [Amazon: Growing Up Social, \\$10.25](#)
  - [Education in Virtue link](#)
- Recommendation from a Mom for Catholic Liturgical Living in your home [Liturgical Season Subscription Box](#)



# Have Grace & Courtesy Lessons: They enjoy acting it out

- We are having a guest over tonight. What kinds of things do you think would make them feel welcome?
- We are going to a friends house today. I expect you to...
- This is how we say I am sorry if we did something wrong...
- This is how we say no in a respectful way...
- When someone is speaking this is what it looks like to listen...
- This is how we interrupt
- This is how we solve a problem...
- This is how we introduce ourself to someone...
- This is how we welcome someone new...
- Writing of a thank you note, a grievance card, an apology

# Don't forget to Have a Sense of Humor & FUN

- *Let the children be free; encourage them; let them run outside when it is raining; let them remove their shoes when they find a puddle of water; and, when the grass of the meadows is damp with dew, let them run on it and trample it with their bare feet; let them rest peacefully when a tree invites them to sleep beneath its shade; let them shout and laugh when the sun wakes them in the morning as it wakes every living creature that divides its day between waking and sleeping. -Maria Montessori*

