

CONTENTS

Introduction	5
Chapter 1: Why Feelings Matter	9
The Difference Between Feelings and Emotions	12
How Our Childhood Affects Our Current Beliefs and Feelings	14
The Scaffolding Approach at Home	16
The Scaffolding Approach at School	17
Neuroplasticity and Feelings.....	18
Root Feelings.....	20
Key Points to Remember	23
Chapter 2: The Five Feelings Kids Need to Manage Before Age 18	25
Feeling #1: WORRY	26
How to Help Kids Manage Worry at Home.....	28
Coping Strategy: FICTION or FACT?	30
How to Help Kids Manage Worry at School	31
Coping Strategy: Give an Out	33
Feeling #2: SADNESS	34
How to Help Kids Manage Sadness at Home.....	36
Coping Strategy: Good Things Jar.....	38
How to Help Kids Manage Sadness at School	39
Coping Strategy: Breaking It Down	41
Feeling #3: ANGER	42
How to Help Kids Manage Anger at Home	45
Coping Strategy: Reset Time.....	46
How to Help Kids Manage Anger at School.....	47
Coping Strategy: What I See, What I Hear	48
Feeling #4: DISAPPOINTMENT	49
How to Help Kids Manage Disappointment at Home.....	50
Coping Strategy: Soothing Spa	52
How to Help Kids Manage Disappointment at School	53
Coping Strategy: 50/50	54
Feeling #5: LONELINESS	55
How to Help Kids with Loneliness at Home	55
Coping Strategy: No-Talk Notebook	57
How to Help Kids with Loneliness at School.....	58
Coping Strategy: Pairing for Connection.....	59
The Timeline	60
Key Points to Remember	62
Chapter 3: A Four-Step Process to Managing Feelings – The FITS Method	63

Foundation Stage.....	65
Growth Stage.....	65
Teaching the <i>FITS</i> Method at Home.....	66
Step 1: Identify the FEELING	67
Step 2: Rate the INTENSITY.....	68
Step 3: Name the TRIGGER	70
Step 4: Choose a STRATEGY	71
Teaching the <i>FITS</i> Method at School	73
Step 1: Identify the FEELING	74
Step 2: Rate the INTENSITY.....	75
Step 3: Name the TRIGGER	77
Step 4: Choose a STRATEGY	78
Key Points to Remember	80
Chapter 4: Building Emotional Muscles	81
Short-Term Discomfort = Long-Term Comfort.....	82
How to Help Kids Manage Short-Term Discomfort at Home	83
How to Help Kids Manage Short-Term Discomfort at School.....	85
The Mental Health Journey	85
How to Teach Kids to Self-Soothe at Home	88
How to Teach Kids to Self-Soothe at School.....	89
Emotional Sequencing.....	91
Stretching Without Breaking	93
Key Points to Remember	96
Conclusion: What is Success?.....	97
Resources	99
<i>FITS</i> Worksheet.....	100
Coping Strategy: Power Rock	101
Coping Strategy: Color My Heart.....	102
Coping Strategy: Cooked Spaghetti.....	103
Coping Strategy: Shake My Sillies Out.....	104
Coping Strategy: Focus for Fifteen.....	105
Coping Strategy: Call-On System.....	106
Coping Strategies Poster	107
Notes	108
About the Author	109
Other Books by Allison Edwards.....	110
About NCYI.....	112

See page 108 for information about Downloadable Resources.