

Emotional Regulation Curriculum



Kit Overview

1 the IDEA

Equipping students with emotional regulation skills will help them stay grounded during stress and navigate conflict with greater confidence and clarity.

2 the APPROACH

Empower kids with tools to identify and name their feelings, paired with mindfulness practices—such as breathing exercises and yoga—that support emotional balance.

3 the PROCESS

Engaging tools - such as vibrant posters, a colorful storybook, activities and video demonstrations - brings each lesson to life, helping students connect more deeply with the material. Through this immersive experience, students first learn to apply emotional fluency and mindfulness techniques to regulate their emotions. Building on that foundation, the program introduces character development and conflict resolution strategies, guiding students toward holistic conflict management.



the RESULT:
**KELSO KIDS CAN
WORK IT OUT.**

Emotional Fluency

1. Name the feelings.



Mindfulness

2. Feel centered...



Kelso's 5 Traits

3. NOT Self-Centered.



Kelso's 9 Choices

4. Choose Two



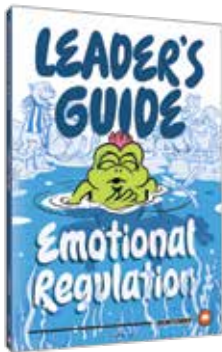
**Holistic Conflict
Management**

What's in the Kit?

To support flexible implementation this program's components are available two ways:

1 – Physical + Digital • 2 – Digital Only

Leader's Guide



150+ pages in 4 Sections

Storybook



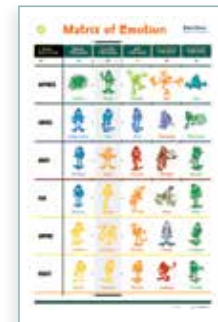
100 pages with 3 Stories

Video Demos



Yoga Poses + Breathing

Matrix of Emotion



Print Size: 11" x 17" Poster

Mindful Moods



Print Size: 18"x24" each

50-Card Feeling Set



front

back



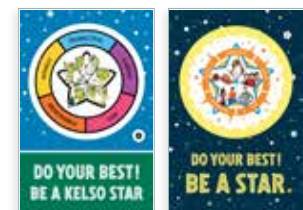
Print Size 8.5"x11"

Double-Sided Wheel



Print Size: 11" x 17"

Double-Sided Star

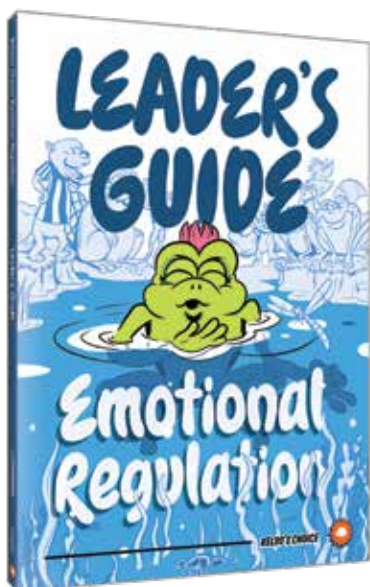


Print Size: 11" x 17"

Physical kit includes digital access to all printed materials.

Leader's Guide

What's in the Leader's Guide?



150 PAGES of MATERIAL INCLUDING:

- Lessons for K-5
- Reinforcement Activities
- Printables such as – Worksheets, Sample Letters for Parents and Staff, Yoga Poses, and Breathing Exercises

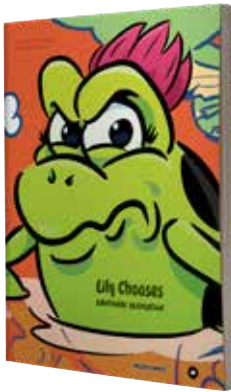
Everything you need in one book.



Includes digital access to an Interactive PDF, Projectables, and Printables



Tools to teach Holistic Conflict Management



Lily Chooses Emotional Regulation Storybook

...fits all the pieces together.

3 STORIES that bring together the 4 different sections of this new kit: Emotional Fluency, Mindfulness, Kelso's Character Traits, and Kelso's Choices. Together these 4 skills create Holistic Conflict Management for Kids.

This kit starts with story 1 – "The Leapfrog Competition."

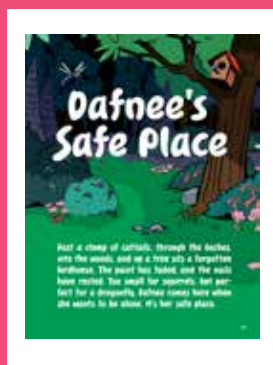
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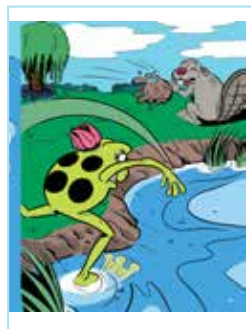
2.



3.



In story 2 Lily does "Throw a Fit" – then she feels the consequences.



In the end Lily takes responsibility, changes her behavior, and makes peace.



100 Pages
with
3 Stories



INCLUDES DIGITAL ACCESS TO PROJECTABLE STORYBOOK FILES



Emotional Fluency

FEELINGS 50-CARD SET FRONTS

1.



Happiness



Fear



Sadness



Surprise



Anger



Disgust

2.

Matrix of Emotion						Kelso's Choice Emotion Regulation
6 BASIC EMOTIONS	SMALL FEELINGS	6 CORE FEELINGS	BIG FEELINGS	OUT-OF-CONTROL FEELINGS	RE-EVALUATING FEELINGS	
HAPPINESS	Content	Happy	Ecstatic	Wid	Calm	
SADNESS	Disappointed	Sad	Grief	Depressed	Defeated	
ANGER	Annoyed	Angry	Furious	Enraged	Amused	
FEAR	Nervous	Scared	Terrified	Panic	Brave	
SURPRISE	Confused	Surprised	Shocked	Freeze	Delighted	
DISGUST	Dislike	Disgusted	Revolted	Loathing	Frenzy	

FEELINGS 50-CARD SET BACKS

3.



1.

The 6 Basic Emotions (based on Dr. Paul Ekman's research) are a fast, simple way to give young students an emotional vocabulary. Colorful "Lily" illustrations help pre-readers easily understand the different feelings.

2.

The Matrix of Emotion shows students a full range of expressions within each Emotion. Once students understand bigger and smaller feelings, they can become mindful of their own specific, unique feelings.

3.

Prior to entering middle school Kelso Kids can build a sophisticated emotional vocabulary on their own by reading the detailed information on the back sides of all 50 cards.



Mindfulness

Tools to teach
Self-Regulation

1.

4 Mindful Moods



2.

Yoga Poses

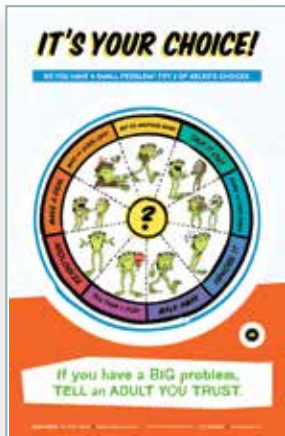


3.

Breathing Exercises



Includes digital access to Video Demos of yoga poses/breathing exercises, as well as printable instructions for students to take home.



Incorporating Kelso's Character Traits and Choice Strategies into Emotional Regulation Cultivates Holistic Conflict Management



Kelso's Traits in the Kit

Integrating The 5 Character Traits:

(RRCFH – Respectful, Responsible, Caring, Fair, and Honest)

- Teaching students that they both deserve and owe RRCFH
- Taking responsibility for our actions when we don't feel great
- Self-regulating with the intent to act with more RRCFH
- Understanding how trust and boundaries work
- 5 Relationship categories, 5 styles of RRCFH



Kelso's Choices in the Kit

Integrating Kelso's 9 Conflict Resolution Choices

- Switching Games Politely
- Mindful Listening when Talking it Out
- Fair Offers to Share
- Calming Techniques for Ignoring
- Walking Away Respectfully
- Connecting "Stop" to Boundaries
- Apologizing Sincerely
- Making Fair Deals
- Naming Feelings to Cool Down

