What?

Children’s brains grow tremendously from birth to age 5 and develop in response to their experiences and opportunities. New pathways continue to form as children are exposed to activities that use modelling, practice and the repetition of skills. This growth aids in the development of the executive functioning skills that are responsible for decision-making, delaying gratification, and working through big emotions (self-regulation). When children are given opportunities to talk about their emotions and know that all feelings are okay, they can develop the important skills they need. Through conversations about emotions with the big people in their lives, their feelings are validated, and they will come to feel more connected.

The videos provide opportunities to learn and talk about kindness, empathy, being brave, being truthful, trustworthiness, listening well, and accepting humility. Families are encouraged to watch these videos and talk about feelings, emotions, and practice life skills over and over again.
Through experiences linked to the "7 Special Teachings," children come to understand how they feel when relaxed and calm, helping them recognize how important (and healing) this state of being is to all of us!

Children practice self-regulation through fun activities which first energize and then calm their bodies and minds. Games such as "Sleeping Animals" are a lot of fun but are also teaching a child to ‘delay gratification.’ Children practice quickly switching from intense activity to lying still on the ground, as if asleep. By engaging their executive brain to keep their bodies still, children are building an ability for rational thinking and self-control during stressful and excited situations in the future.

With support and guidance children can also learn techniques for "managing" big emotions (i.e. tantrums, extreme sadness, overwhelming disappointment, etc.) and improve their ability to communicate in all situations, including difficult ones. Teaching children skills to self-regulate and manage their emotions helps with flexible thinking, overall brain development and will also benefit your child’s emotional well-being!