

Objective 1

Regulates own emotions and behaviors

a. Manages feelings

Related Objectives: 8a, 29

What You Do

- 1. Say, "When I have a strong feeling, I give myself a sloth hug, like this."**
- 2. Demonstrate giving yourself a sloth hug. Cross your arms over your chest and wrap your hands around your shoulders. Take a deep breath in and slowly exhale.**
- 3. Invite the children to do the same. Tell them to give themselves a squeeze like a sleepy sloth hanging from a tree.**
- 4. Repeat a few times, encouraging the children to breathe in and out slowly.**
- 5. Invite the children to share how they feel after giving themselves a sloth hug.**

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Questions to Guide Your Observations

- **How does the child typically manage their feelings? (1a)**
- **Was the child able to describe how they felt? (29)**

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