

# How to Guide: Creating Your Own Changing Channels Feelings Remote

Empower your children with the ability to choose and change their emotional channels with this engaging and insightful craft activity. The "Changing Channels Feelings Remote" helps children understand that they have control over their feelings and can switch to a more positive channel when they desire.

## Materials Needed:

- Cardboard cutouts of remotes (one for each child)
- Cutout feelings faces (from the reduced feelings poster)
- Coloring items (pencils, crayons, textas, or paints)
- Glue
- Optional: Decoration items (feathers, sequins, glitter, etc)

## Step 1: Setting the Stage

1.1 Gather the materials, including the cardboard cutouts of remotes and the feelings faces.

## Step 2: Creating the Changing Channels Feelings Remote

2.1. Guide the children in gluing the feelings faces onto their remotes. Discuss each feeling and its representation, fostering an understanding of the diverse emotional channels.

2.2 Encourage children to express their creativity by coloring or decorating their cardboard remotes. For older children, they may even draw and cut out their own remotes.

## Step 3: Facilitating Discussion

3.1. Initiate a group discussion about the current feeling channel each child is on. Explore why they feel that way and if they would like to stay on this channel or switch to another.

3.2. Encourage children to share ideas on what they can do when on a less positive channel to transition to a more joyful one.

## Activity Follow-Up:

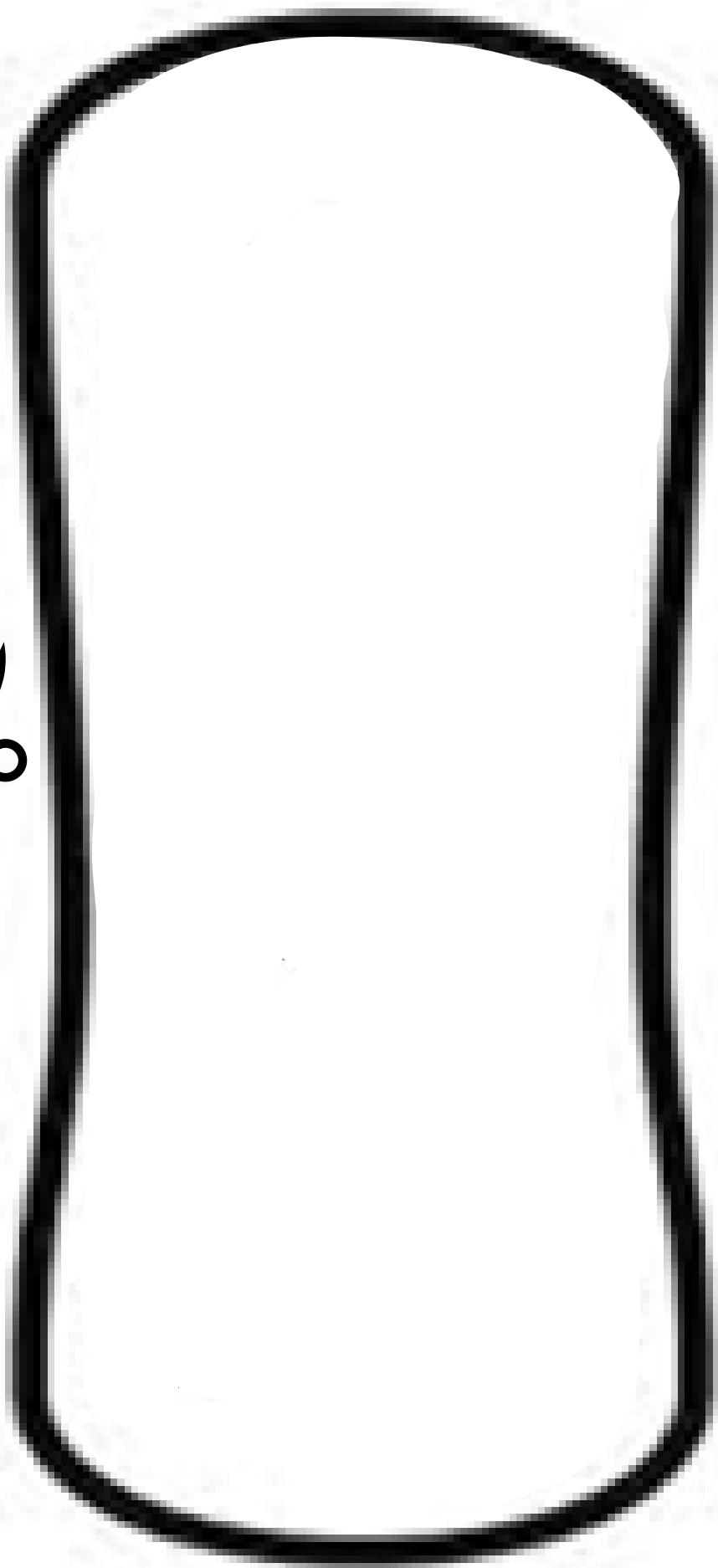
Children can keep their Changing Channels Feelings Remotes in the learning environment as a constant reminder. Alternatively, they can take it home to share the activity with their families, fostering communication about emotions and positive choices.

## Reference to PLS Platform:

For additional insights and reinforcement of the "Changing Channels Feelings Remote" activity, refer to the "Changing Channels" Possa Bill animation. The corresponding lesson is available under the "Focus in positive ways" concept on the PLS platform.

As they children are creating their remote you may like to talk with them about what feeling channel they are on now, why they are on that channel and if they would like to stay on this channel or change to another channel. Another great discussion to facilitate is when they are not on such a great feeling channel what they could do to help them switch to a more positive channel when they are ready.

Use this as a stencil to cut out your remote with cardboard.



# FEELINGS



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