

Dear Parents,

Welcome to POP-UP Parent Plus! Your child attended a POP-UP Festival in partnership with UNICEF World Children's Day, designed to bring communities together and to nurture our most precious gifts--our children.

Emotional intelligence (EQ) is being smarter with feelings. EQ is teachable, learnable, and measurable. Our non-profit organization, Six Seconds, works to grow EQ around the world, so that individuals can navigate their emotions to make positive decisions. In fact data from the world's largest study of Emotional Intelligence (600k participants globally in 2017) shows that increased EQ correlates with increased Wellbeing, Decision making, Relationships and Effectiveness. For children and families, increased EQ leads to improvements in the long-term physical health, social relationships, and academic achievement for children. Even more, our research finds when parents practice EQ in the home, children's EQ levels increase.

We invite you to be curious and talk with your child about their POP-UP Festival experience using the open-ended prompts below:

Would you tell me about the POP-UP Festival?

How would you explain POP-UP Festival to a friend who has never attended?

What emotions did you feel during the activities?

If you could teach the whole world something you learned, what would that be and why?

How might our family incorporate something from POP-UP Festival?

Enclosed you will find a few activities designed by our experts in education to promote the social and emotional wellbeing of your child and the whole family. You can relax knowing there is no "right answer" or "perfect way" to complete these activities. What matters most is that you have fun and grow in your connection with your child together.

We hope to see you at next year's POP-UP Festival! In the meantime, please explore our free resources for parents at this POP-UP Festival "Mini Kit" website: <https://www.6seconds.org/popup/kit-2/> and additional parenting content to develop EQ <https://www.6seconds.org/tag/parenting/>

Warmly,



Cherilyn G. Leet
Global Office of Education, Six Seconds



Activity Title: CIRCLES OF BELONGING

Resources:

Drawing paper,
Markers/Paint
(Optional) Other creative
materials (like hula hoops,
sand, pebbles)

Goal: Kids will leave this exercise knowing with whom they feel belonging. They will know who to go to in times of need, and they will identify who they would like to grow a closer bond with.

Intro: Having a sense of belonging doesn't have to be abstract -- we can count the number of groups we belong to, and we can name the people with whom we feel loved.

Instructions:

Gather materials for making your circles. The kids can draw on paper or you could get out the paper & pencil idea and use any create material – even go outside (rocks, sand, hula hoops, etc) to make multiple circles Explain the activity. To help the child see how many different groups to which they belong (family, friends, school, sports, club, extended family, etc.) have them create a picture with overlapping Circles of Belonging. First, have them draw/create/mark with name themselves on the paper. Then, they can add their first circle around them, labeling/drawing the circle group “Family” or “Mom, Dad, Sister” Make subsequent circles. Keep adding more and bigger circles of belonging, with the various people groups included, until you have represented all the groups they can think of. (Optional) Put feelings to the people. Ask them to share feeling words about how they feel when they are with one of the groups (swim team: strong, family: loved). Then, have them represent that feeling with words or illustrations on their Circles of Belonging. Continue with more circles. If comfortable, the children can share the drawings with a partner or small group.

Discussion:

When you think about all of these people loving you, how does that feel?
Who would you go to with different needs – i.e., if you needed a hug or to ask for help with homework?
Who can you be most “yourself” with, and what would it take to be more “yourself” with others?
Who would you like to be closer to, and what are some steps you could take to get there?



Activity Title: GOAL PIZZA

Resources:

Construction paper
Markers/pens/colored pencils
Scissors
Glue/Tape/Adhesive

Goal: For children to identify their goals and to use the Three W's to successfully map out a pathway to achievement.

Intro: Setting Goals is a proven way to empower people and help them achieve (their own definition of) success. This activity will show kids a fun (and yummy!) way to set goals and take action steps toward reaching them.

Instructions:

Gather materials: A piece of paper for each person, markers/ pens/ colored pencils for writing, drawing, and coloring

Make your "Goal Pizza": On a sheet of paper, draw a big circle, then draw lines to section it up into six slices, like a pizza. Then, write different categories on the "crust" of each slice (see photo below). For example: draw, basketball, reading, friends, family, piano. Underneath the category, write down a goal for it. For example, "I want to get to make better grades."

Create the "toppings" for your Goal Pizza: Draw three of your favorite toppings on each slice of pizza, making them big enough to write on. Then, write your answer to the three W's on each one: Who can help?, What do I need to do?, and When?

Decide where your "oven" is: Put your pizza somewhere you can see it and check it often. This will be your oven! Decide how long your pizza will need to bake to reach your goals, and write that on your sheet of paper. Celebrate! When your pizza is fully baked, have a celebration (like a pizza party!)

Discussion:

What emotions did you feel while writing down your goals?

Which goals do you think will be easiest/ most challenging to achieve?

What other goals could you apply the three W's to?



Activity Title: GRATEFUL MAIL

Resources:

Paper/Construction Paper
Pencils/Pens/Crayons for
drawing and coloring
Any other art materials

Goal: For children to recognize, exercise, and gift gratitude.

Intro: Practicing gratitude is linked with so many benefits, how can we teach our children to grow up with an "attitude of gratitude"? In this activity, kids (and adults!) will make art about what they are grateful for, then they will send the art to someone they love.

Instructions:

Gather Materials: for this grateful art, you can use any art materials. Keep in mind that if you need to mail your art to someone, it should be able to fit in an envelope or box!

Make your art: Explain to the children that they will be drawing or creating what they are grateful or thankful for. One of these things they are grateful for should be a person that they want to share their art with. Adults are encouraged to make art too!

Talk about your emotions: While you make your art, you can discuss the emotions that arise when focusing on gratitude. How do the emotions change based on which item you're focusing on?

Deliver your art: Hand deliver or mail your art to the person in your piece of art.

Discussion:

What emotions did you experience while creating your art? What emotions did you experience giving your art away?

How could you focus on what you are grateful for a little bit more in life?

Extensions:

Write about what a "grateful day" would look like to you.



Activity Title: STORY STOP

Resources:

1-2 Children's picture books
EmoCards (attached page)

Goal: Build empathy and practice navigating emotions

Intro: At this station you'll read a story together, stopping at key moments in the story to talk about thoughts and feelings of the character.

Instructions:

In this picture book, there will be 1-2 points throughout the story where a character is faced with a challenging situation (such as a conflict, decision, or big feelings moment), this will be marked with a post-it note on the page to highlight the moment.

Read the story, stopping at the challenging moment post-its and:

Ask the children what they think the character is thinking.

Ask the children what emotion they think the character is feeling. (Optional use the posted feelings chart if needed)

Ask the children what actions they think the character will take.

There are no wrong answers will have a range of answers. Try to remain neutral about the children's responses.

Just repeat back the child's words to the whole group to validating the thought but not judge the answer.

After finishing the story have a discussion with the children.

Discussion:

When have you been in a situation like this? Sharing the feelings of someone or some character is called Empathy. Why do you think having empathy is a good thing? How can we develop more of it?

Thoughts, feelings and actions are connected. Can you think of a time when you were feeling like the character in this story and what action did you take? If you could do it again, would you take the same action?

Extensions:

Invite participants to draw a picture about the character in the story, using the same or different ending to the story. Share the thoughts feelings and actions of the character using a wide range of feeling words.



Activity Title: WISH CHAIN

Resources:

Construction paper
Scissors
Tape
Markers/Pens/Colored
Pencils

Goal: Think about your goals and plan an action step.

Intro: What's a wish or goal you have for the future? At this station, you'll add to the "Wish Chain" and think of a step to move forward

Instructions:

If you could make a wish... for yourself... for others... for the world... what is the wish you would make? Write your wish on one of the narrow colored strips of paper. Tape it in a circle, and join it on to another one to make a chain.

Now, think about your step toward that goal:
What's one Action you could take to make it more real?
What is one Feeling that would support you to take the action?
What is a Thought that could help support your feeling & action?

Discussion:

What is the difference between a "wish" and a "goal"?
Why is this wish/goal important to you?
Even if you can't fully accomplish it, if you took a positive step forward, how would it feel?
Display your Wish Chain somewhere in your house to remind you of the goals you've created today.



Collection of Feeling Words

Insecure

Peeved

Insignificant

Peaceful

Timid

Disappointed

Overwhelmed

Content

Shy

Miffed

Withdrawn

Confident

Anxious

Annoyed

Lonely

Pleased

Lost

Irritated

Disturbed

Hopeful

Worried

Critical

Gloomy

Delighted

Afraid

Angry

Sad

Happy

Astonished

Vindictive

Discouraged

Cheerful

Surprised

Boiling

Defeated

Joyful

Unsettled

Fuming

Heartbroken

Thrilled

Troubled

Livid

Miserable

Ecstatic

Uncertain

Infuriated

Anguished

Exuberant

Frightened

Outraged

Grief-stricken

Wacky

Terrified

Furious

Devastated

Goofy

Petrified

Explosive

Distraught

Hilarious



**POP-UP
FESTIVAL**