



Dear Sussex Corner Familiez,

Welcome to Bee Me Kidz! We are a non-profit located in Saint John that focuses on teaching children and their families to understand and positively communicate their emotions, problem solve, make friends, and build confidence.

For now, due to COVID protocols, our regular Saturday family program has been suspended. However, we wanted stay a part of our Bee Me Kidz families Saturday. This led us to create Bee Me Kidz in your Inbox. Bee Me Kidz in your Inbox is a fun weekly lesson for families to do together at home! The response from our familiez has been amazzzzing and we would love to share the experience with you! Each week, the lesson will tackle a different emotion/feeling for you to work on together as a family unit 😊

The lessons encourage involvement by providing space for writing, colouring, jotting down thoughts and challenging everyone to come up with answers. Exercises are meant to be fun, relevant and make you think about what you are feeling in a positive way. The more we can understand and define what we are going through the better we are able to cope, access help and move forward! Send pictures of your family's amaZZZing lesson work to our Bee Me Kidz Facebook page for a prize!! We would love to see how you are adding the learning to your day!

This week, Parentz will be discussing Maslow's Hierarchy of Needs and how it impacts our emotions. Kidz will be focusing on ways to calm themselves down when they are feeling uncomfortable emotions.

In this booklet you will find:

- Parentz Lesson
- Kidz Lesson
- Emotions Word Search & Calm Down Fortune Teller

If you have any questions or would like to learn more, please call us at 654-0064. We would love any feedback to improve for you and your family.

Warm regards,

The Bee Me Kidz Team



For Parents/Guardians



As you know, Bee Me Kidz has a mission to help family members become "the best me they can be!". Abraham Maslow, a psychologist from the 1900's, also shared this mission! Years ago, he created "**Maslow's Hierarchy of Needs**" which explains basic needs that everyone needs to grow and become the best that they can be. As you can see, it looks like a pyramid with the most basic needs on the bottom, with each level getting more complex. As one need is filled, a person can then work towards building on the next need, and so on and so forth.

An important thing to remember is each person's pyramid may change depending on their circumstances at the time. But one thing is the same with everyone, we must start at the bottom and work our way up. This is the same as our emotions, everyone's emotions look different at any given time, but no matter what you are feeling, we all have basic needs that will influence our emotions (food, sleep, etc.).



In the boxes below is an explanation of each level and its "needs". In the box next to it, write down what you think would happen or how you would feel if those needs were not met.

Explanation	What would happen if these needs were NOT met?
Level 1: Physiological Needs	
<p>Starting at the bottom of the pyramid we have Physiological Needs. When you hear the word "physio", this means it has to do with our body. Humans need food, water, air, sleep, and so on. In order to move up in the pyramid, these needs must be met. Sometimes these needs are harder to meet but if we get the bare minimum, we are doing okay.</p>	
Level 2: Safety	
<p>The next level on the pyramid is Safety. At this level, each person needs to feel safe. When we are in an environment where we feel safe, we can do the things we need or want to do. This includes things like having a safe place to live, enough money to survive, feeling safe with family/friends, and so on.</p>	
Level 3: Love and Belonging	
<p>The next level, in the middle of the pyramid, is Love and Belonging. This includes friendships, good relationships, and being an important member of the family. In this level, it is important a person feels like they belong and are important to someone.</p>	

Level 4: Esteem

Once you have your physiological, safety, and belonging needs mostly or at least partially met, you can start building confidence. This is where we can start to develop our self-esteem and sense of achievement and respect for yourself. You can have a positive outlook about yourself.

Level 5: Self-Actualization

At the very top of the pyramid, our last level is Self-Actualization. In Bee Me Kidz we would say this is when you are "the best me you can be!". Now that some/most of your other needs are met, you are ready to handle the problems that may come your way. You are more productive, creative, and accepting!

If we find ourselves struggling in one of the levels, the first thing we should do is see if our needs are being met in the levels underneath. For example, if you are struggling with your confidence (Level 4), it could be a result of not feeling secure in your relationships (Level 3). If we do not feel loved and appreciated by others, it is hard to love and appreciate ourselves. It could also be due to safety needs not being met (Level 2), we cannot let our guard down or focus on ourselves until we feel safe enough to do so. Each level builds off the ones before it.

Talking with your kidz this week



Imagine that you have a big Math test coming up. Your teacher has gone over the plan for awhile now and let you know some of the questions on the test. You have studied every night, talked to your friends about the test and made study notes. BUT you still feel worried that you won't get the questions right. There is a knot in your stomach, you get "butterflies" and you start to stress out about possibly forgetting what you studied.

This is perfectly normal. These feelings of worry, being upset, and anxiety come into our lives when things are out of balance and we can't seem to figure things out. Sometimes we get angry and yell at our friends even though they didn't do anything wrong. Other times we may want to be alone and stay in our room by ourselves. We might even try to do something we've done a million times before and mess it up completely and not know why!

What are some things that make you angry or upset? What causes you worry?

Fill in the diagram below to see some of the things that "trigger" your worries and frustrations. When we begin to realize what makes us feel this way, we can work towards changing the situation, coming up with a plan, or even avoiding that feeling all together!



Now that we know some of the things that worry us, or create an unbalance, we need to calm down, focus on what we can control, and try to move forward.

Calming down sometimes isn't as easy as it sounds. Being calm and relaxed means we are okay with our situation, the environment and the world around us. What works for you may not work for your brothers or sisters, friends or even your mom or dad. YOU are the only person who can control your thoughts so how YOU calm down needs to make sense in your mind.

Think about what works for you. Can you come up with at least 10 different ways to calm down or relax your mind/body?

10 Ways I Can Calm Down

Number	Strategy
1	Go for a walk
2	Talk to a friend
3	
4	
5	
6	
7	
8	
9	
10	

Thinking of solutions to our problems is very important, but having good ideas is often not enough to be successful! You must follow through! 😊 Challenge yourself to try your ideas at home, in school and on the playground.

Over the course of the week, try to use some of the strategies you came up with! Complete the Top 4 Chart below so you can remember which ones worked best for YOU!

My Top 4 Calm Down Strategies

1

2

3

4



FIND-A-FEELING®



WORD SEARCH PUZZLE

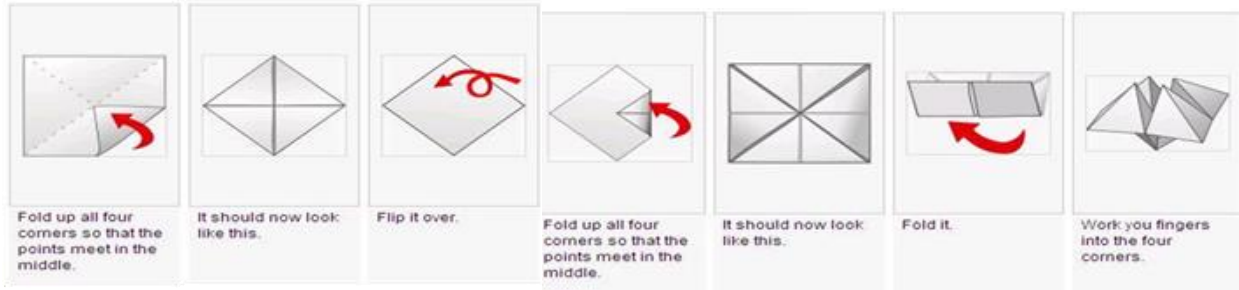
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W	A	P	D	R	E	P	I	P	T	E	T	E	S	A
L	S	U	I	O	T	T	L	T	R	H	O	Y	G	S

SURPRISED
NERVOUS
AFRAID
CAUTIOUS
CONFUSED
ECSTATIC
EXCITED

ENRAGED
HAPPY
ANGRY
FRUSTRATED
BORED
JEALOUS
WORRIED

PROUD
HOPEFUL
CONFIDENT
LONELY
SHOCKED
HOPELESS
SAD

MAKE YOUR OWN "CALM DOWN FORTUNE TELLER"



COLOUR & CUT OUT THE SQUARE BELOW AND FOLLOW DIRECTIONS ABOVE!

