



## Bee Me Kidz in a BOX


★ Dear Sussex Corner Familiez,

★ We hope you are having an amaZZZing week and enjoyed Family Day with your loved ones! With another Saturday, comes another Bee Me Kidz in Your Inbox made just for you.

★ As we continue to keep busy at the "Hive", we hope everyone is staying safe and spending time with their chosen "bubble". We are loving that the days are getting longer with more sunlight and that the weather will soon warm up.

★ This week, Parentz are talking about how to be a positive Role Model. The kidz are learning about two uncomfortable emotions, "Embarrassed" and "Jealous".

★ In this booklet you will find:

- ★  Parentz Lesson
- ★  Kidz Lesson
- ★  Kidz Activities
- ★  Colouring Page

Warm regards,  
The Bee Me Kidz Team  
506-654-0064



## For Parents/Guardian



During our lessons we mention being a role model A LOT. We talk about how we, as parents, are our child(ren)'s biggest Role Models for positive behaviour and managing our emotions. But what if you are unsure of what a role model really is? Or if **you** can be one? Do **you** have a role model?

Role models are people we look up to for inspiration or who we want to be like. Do you need to be "perfect" to be a role model? The answer is "NO"! In fact, making a mistake and how you handle that situation is a great way to be a role model for your child(ren). A true role model will always make mistakes. Every mistake is a learning opportunity, and this is where we really become a role model. How we handle our mistakes and solve our problems is what we want to model for our child(ren).

Parents spend the most amount of time with their children. So, as parents, we are often the first example of a role model children will see. They see how we handle our emotions, stress, and how we problem solve. It is important for children to see the mistakes and stress being dealt with in a healthy way, so they will try to do the same.

Take a few moments to think of someone you have always looked up to. Why did you look up to them? Do you ever find yourself thinking what would they do in a particular situation?

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Fill out the chart below.

### My Role Model

My Role Model is:

How do they influence my attitude?

How do they influence my  
behaviour?

## Why They are My Role Model?

Reason 1:	Reason 2:
	Reason 3:

## Five Easy Steps to be a Role Model:

🐝 BEE a good listener

🐝 BEEgin early

🐝 BEE thoughtful

🐝 BEE positive

🐝 BEE supportive

Parents, Caregivers, Teachers, and Family members are common Role Models. Role Models have a powerful impact on children that are watching them. Positive actions by role models create positive habits in children that can last a lifetime.

*Parents are the ultimate  
role models for children.  
Every word, movement  
and action has an effect.  
No other person or outside  
force has a greater  
influence on a child than  
the parent.*

*- Bob Keeshan*

## Talking With Your Kidz This Week



Children look to their parents on how to deal with difficult or uncomfortable emotions. This week, two of the uncomfortable emotions we are going to discuss are jealousy and embarrassment.

**Jealousy** is often called the "Big Green Monster" or "Green Eyed Monster". They call it this because it is like a monster that we did not invite. But still, it comes over us and we feel small, sad, or maybe even angry. We don't always mean to feel jealous, sometimes we just wish we had what someone else has. Instead, we need to learn to try to be thankful for what we have instead of jealous of what other people have.

Think about a time that made you jealous and write it down. How did it feel on the inside? Write down some of the feelings beside it.

Something that made me jealous:	How I felt on the inside:

Sometimes jealousy can be turned into a good thing! It shows us what we want and makes us want to work really hard. For example, if you are jealous that your friend Bobby got 100% on his Math test, you will study extra hard for your next test! Jealousy can be turned into motivation/a reason to work hard. We just need to shift the way we look at it.

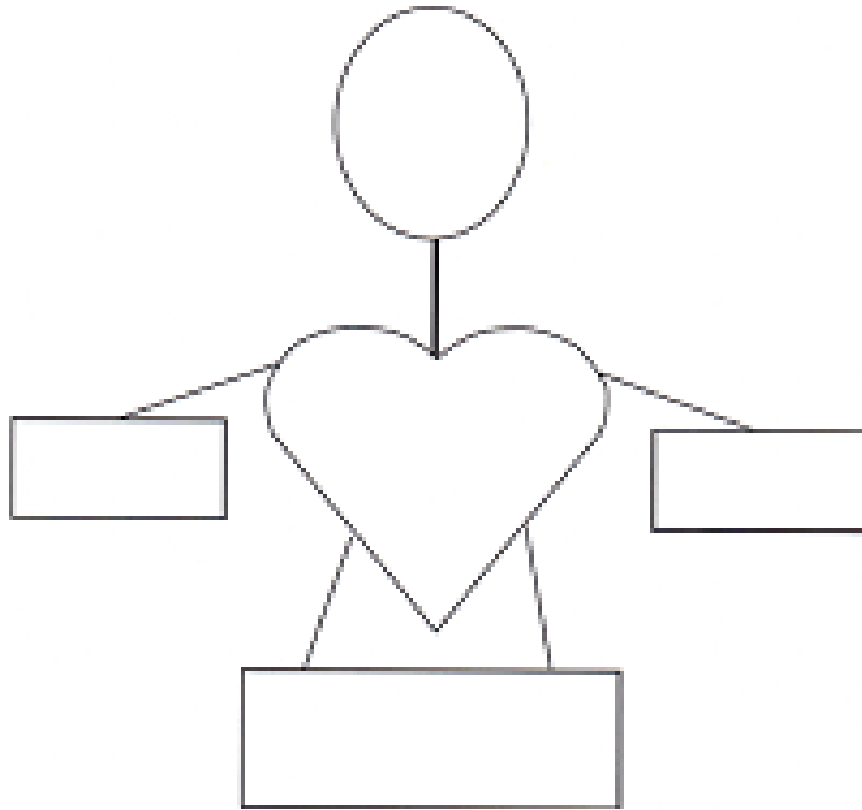
**Embarrassed** is an uncomfortable emotion we feel around other people, especially people we are not familiar with. It is the way we feel when we do something, or something happens, and we think other people are going to laugh at us or think badly about us. Sometimes we feel embarrassed when we make mistakes or when we do something foolish. When we feel embarrassed, we wish we could hide or disappear. For some people their faces sometimes turn pink when they feel embarrassed.

Think about a time you felt embarrassed and what you felt like on the inside. Write it in the chart below:

Something that embarrassed me:	How I felt on the inside:

## Feeling Guy

1. Name your feeling. Is there a feeling that you felt yesterday or today? Sometimes it takes practice to figure out how you feel. I find that a feeling word pops into my head when I close my eyes and put my hand over my heart. See if that works for you. When you have identified your feeling, write it in the heart of your Feeling Guy.
2. Draw your feeling. Now draw a face on the Feeling Guy to match how you felt inside.



3. Rank your feeling. On your Feeling Guy's left hand, write the number 1, 2, 3, 4, or 5 to show how much you felt this way. For example, if you felt a little sad, write the number 1. If it is the saddest you have ever felt, write the number 5. It may help you to hold out your fingers as you decide.
4. Share the feeling. Think of someone you might want to share your feeling with. Write down the name of the person in the Feeling Guy's right hand. You can even share your feeling with your stuffed animal or pet. A lot of people feel better after sharing their feelings.
5. Take responsible action for your feelings. Make sure to stress the idea that they can make choices. Did you know that you can choose how to respond to feelings? Remember to respond in a way that is kind to yourself and others. Write or draw your idea.

Think about what Embarrassed means to you and fill in this poem!

Name: \_\_\_\_\_

**E**

\_\_\_\_\_

**M**

\_\_\_\_\_

**B**

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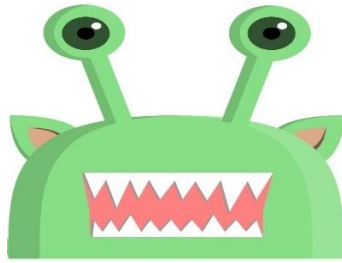
**E**

\_\_\_\_\_

**D**

\_\_\_\_\_

# Jealousy- What can I do?



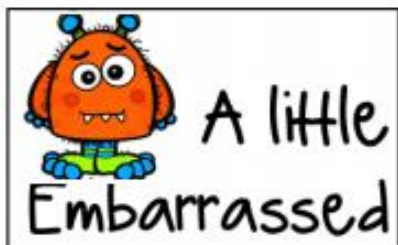
In each block write or draw the jealous thought, the reason behind the jealousy, and what you can do about the jealous feeling.

I am jealous of	Why do I feel jealous of this?	What can I do?

I am jealous of	Why do I feel jealous of this?	What can I do?

I am jealous of	Why do I feel jealous of this?	What can I do?

# Color your Embarrassed Monster



Color the monsters using the color code above, based on how you would feel to each given situation.



I make a loud noise and everyone looks at me.



I did not do well on a test.



The teacher asks me to present in front of the class.



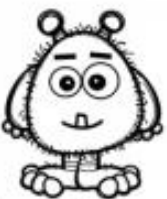
I spill milk all over my shirt.



I don't have the supplies I need for class today.



Someone looks at me while whispering to someone else.



I forget to do my homework.



I am the only one that forgot to wear the class shirt.



Colouring Sheets

