

Feel Your Best Self

An Educational Toolkit to Support Emotional Well-Being

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FYBS Components

Videos
(with Tip Sheets)

Strategy
Cards

Reflection
Sheets

Facilitator
Guide

Puppet
Making



Background

- How we feel in everyday moments is an important contributor to our overall well-being: kids need to learn simple strategies to help them feel their best when navigating situations they find challenging.
- Our team reviewed available evidence to identify 12 emotion-focused coping strategies (Gross, 2014) that could be easily incorporated into daily routines.
- We integrated puppetry in story-telling, building, and practice as a pedagogical tool (Bowen & Kisida, 2019).
- We completed iterative refinement through pilot demonstration and teacher feedback. For example, see recent NPR Morning Edition story:



Feel Your Best Self (FYBS) is a fun and freely accessible toolkit designed to help kids learn emotion-focused coping strategies to calm themselves, catch their feelings, and connect with others. Primarily targeting pre-k/elementary ages, FYBS can complement existing classroom activities and strengthen family-school collaborations.

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- The FYBS Strategies are grouped within categories (Calm Yourself, Catch Your Feelings, Connect with Others) – with each given a catchy name like *Shake Out the Yuck*.
- Supporting materials for each strategy facilitate learning across settings – like a short video showing puppet kids navigate a situation.
- FYBS materials can be flexibly used and adapted to fit different contexts and meet diverse needs.
- Planning guidance is offered about how to prioritize strategies, when to deliver, and what supporting components to include.

