EXPLORING EMOTIONS, EMPATHY & MINDFULNESS

Winter 2020
Children aren’t born knowing how to regulate their emotions any more than they are born knowing how to tie their shoes.

REGULATION IS A SKILL, SO LET’S TEACH IT!

Our Pre-Trip Story is a visual guide describing social interactions, situations, behaviors, and concepts. This Story explains how to interact with the physical exhibits, as well as how to engage in social interactions with children and adults while at the Please Touch Museum.

In partnership with Generation Mindful, this Story also provides opportunities for children to reflect on their feelings, emotions and thoughts in a creative way. It makes mindfulness attainable – and teachable – even for the littlest learner.

Feel free to use this resource, at the Museum or at home, to keep these important resources front and center for the children in your life!

GENERATION MINDFUL  WWW.GENMINDFUL.COM
Generation Mindful (GEN:M) creates tools, toys and programs that build emotional intelligence through play and positive discipline. Its products are designed for use in homes, classrooms, play therapy settings and more, supporting children and adults around the world in making connection a habit.

For more information, please visit: www.genmindful.com
I am going on a trip to Please Touch Museum. I might ride in a car to get there, or I might take the bus.

When I enter the Museum, I will stand in line to get a ticket. A friendly staff member will sell us tickets and answer all our questions. Then, it’s PLAY TIME!

The Museum is a big place. We will have to decide where we want to go first. If I get lost or have a question, I can always find a friend in a blue shirt to help me.

One stop will be in the new temporary exhibit **XOXO: An Exhibit about Love and Forgiveness.**
ART MAKING

I can make a gift to show someone I care about them. There will be art supplies for me, like paper, tape, and colored pencils. I will share the supplies with friends working close by. When I finish, I can say, “Time to clean up!” Then I will put away the supplies I used.

BALANCE

I can sit on a seesaw with a friend. I can make the seesaw go up and down. I will work with my friend to balance the ball in the middle of the seesaw.
FACE BLOCKS

I will sit at the table and use blocks to make a picture of a face. I will practice matching feelings to their faces.

HOLDING HANDS

If I hold hands with a friend and we each touch one of the hand shapes, a message will appear. I can try this with one, two, or even three friends!
RELEASE THE NEGATIVE

I can write or draw something that has been bothering me and then “shred” that feeling to make confetti.

RESPONSE WALL

I can let others know about how I’m feeling. I will write or draw my feeling and then post it on the wall so that others can see that I’m not the only one who feels this way sometimes.
A silhouette is an outline of a person. Here, I can be the artist, the model, or both! I will trace the shadow that is made when a friend sits in front of the light, or a friend can trace my shadow.

This special puzzle can help me tell a story about myself. The pieces have words and pictures that help express my thoughts and feelings. I can put the pieces together and create a story on my own, or I can work with the friends around me.
I can go to the Quiet Zone in Roadside Attractions if I need to take a break. I can relax on soft pillows and rest until I am ready to play again.

At this station, I can create a token by writing down a happy memory or thought and putting it through a special machine. I can take this token with me to remind myself of good thoughts and feelings.

Tokens of Love

I can go to the Quiet Zone in Roadside Attractions if I need to take a break. I can relax on soft pillows and rest until I am ready to play again.
Sensory kits, weighted vests and blankets, and other sensory-friendly toys are available at the Admissions Desk. The kits include headphones, fidgets, a coloring book, and crayons. Feel free to ask the Admissions Desk if having any of these would make your visit better!

Sensory Guide

Ask for a Sensory Guide at the Admission Desk or download it from our website before your visit: www.pleasetouchmuseum.org/accessibility.
“When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.” - Mr. Rogers

Introduce the idea of a Calming Corner to your children. It is a place to practice noticing your feelings and finding ways to make you feel better. By using the Calming Corner, your child will choose activities that calm their body, which strengthens their ability to regulate their emotions and actions. Whatever their ages, let your children know that the skills we practice in the Calming Corner will become easier. Eventually, we can use these skills whether we are in the Calming Corner or not.

Tips from Suzanne Tucker, founder of Generation Mindful about Creating Your Own Calming Corner.

**MY CALMING STRATEGIES**

**HOW DO I FEEL?**

I feel _______. Why might I feel this way?

**ANGRY**
Unpleasant High Energy

Unpleasant Low Energy

**SAD**

Unpleasant High Energy

Unpleasant Low Energy

**HAPPY**

Pleasant High Energy

Pleasant Low Energy

**CALM**

Pleasant High Energy

Pleasant Low Energy
XOXO: An Exhibit about Love and Forgiveness
is locally sponsored by:

Main Line Health® | Nemours. duPont Pediatrics

PTM Sensory Kits
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