

# Welcome to

# REBOUND & RECOVERY

LEON COUNTY SCHOOLS  
*with* **LES**

This project is  
funded by



The Children's Services Council of Leon County



# Florida State University

Stoops Center for Communities,  
Families, and Children



**Tai Cole**

Assistant Director  
of Rebound & Recovery



**Rosemary Farrell**

Specialist with  
Rebound & Recovery



# Hurricane Michael



2018

**REBOUND &  
RECOVERY**



A common misconception is that the child has behavioral or emotional issues. However, these disruptive behaviors are often ineffective ways to communicate. They need strategies to regulate their mind, body, and emotions.





**REBOUND & RECOVERY** helps children learn to:

**R**ecognize their emotions, thoughts, and actions  
**&**  
**R**eflect on the connection between their emotions, thoughts, and actions

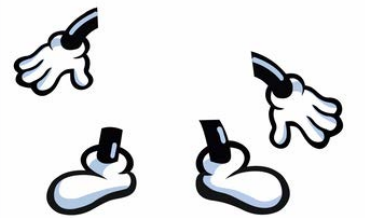
**R**eframe their negative thoughts  
**&**  
**R**egulate their emotions and actions



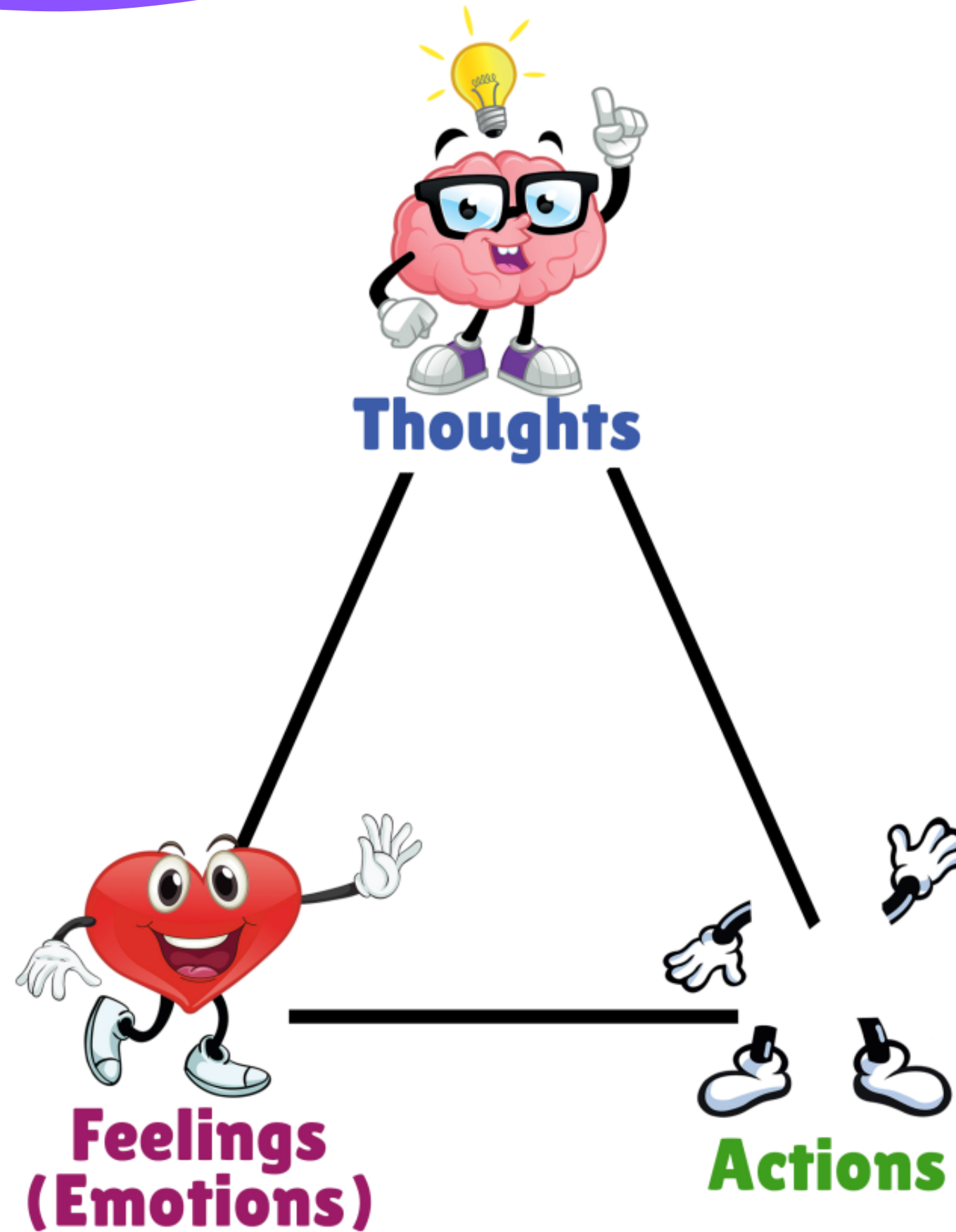


R

ecognize their emotions, thoughts, and actions



# Cognitive Behavioral Triangle







Due to age and stage of development, children often have difficulty communicating their feelings, especially verbally.

Because they do not have the vocabulary or understanding of what an emotion is, they frequently express emotional distress through their behavior.

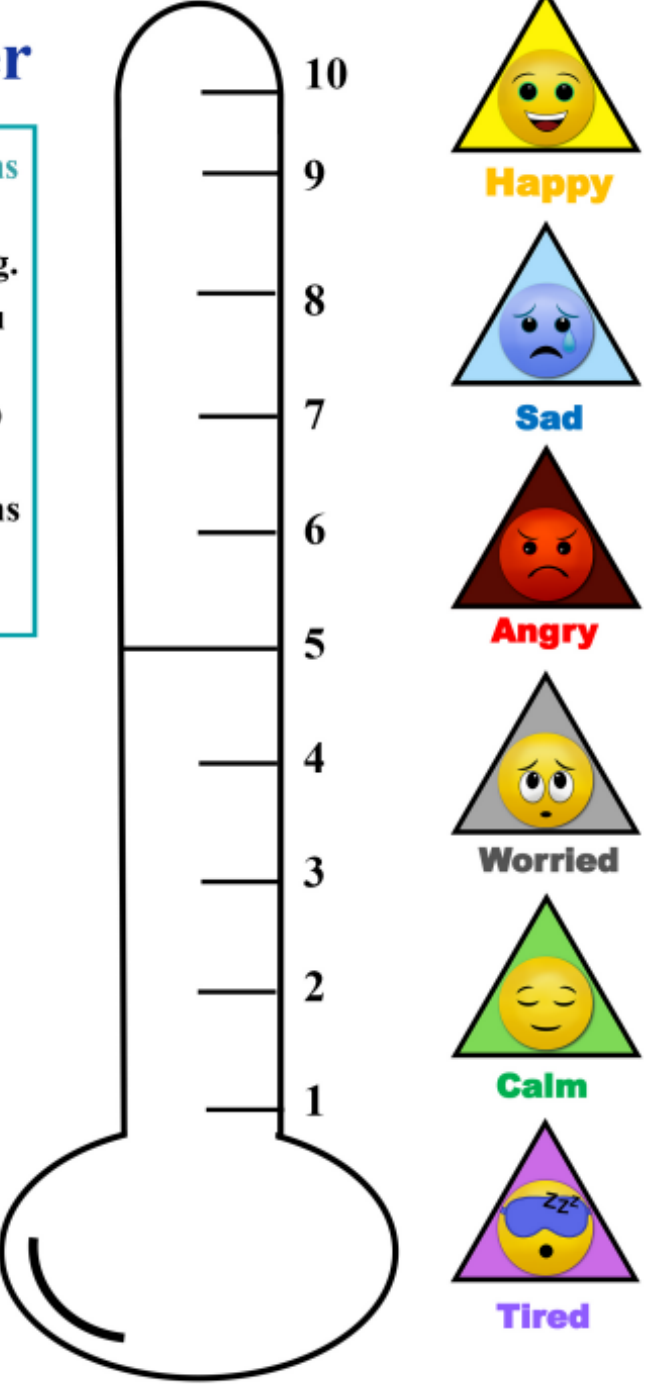
# Emotion Labeling with the Emotion Meter

**REBOUND & RECOVERY**

## Emotion Meter

**Emotion Meter Instructions**

- 1) Pick out what emotion(s) you are feeling.
- 2) Point to how much you are feeling that emotion.
- 3) Try to name the reasons why you are feeling this emotion.



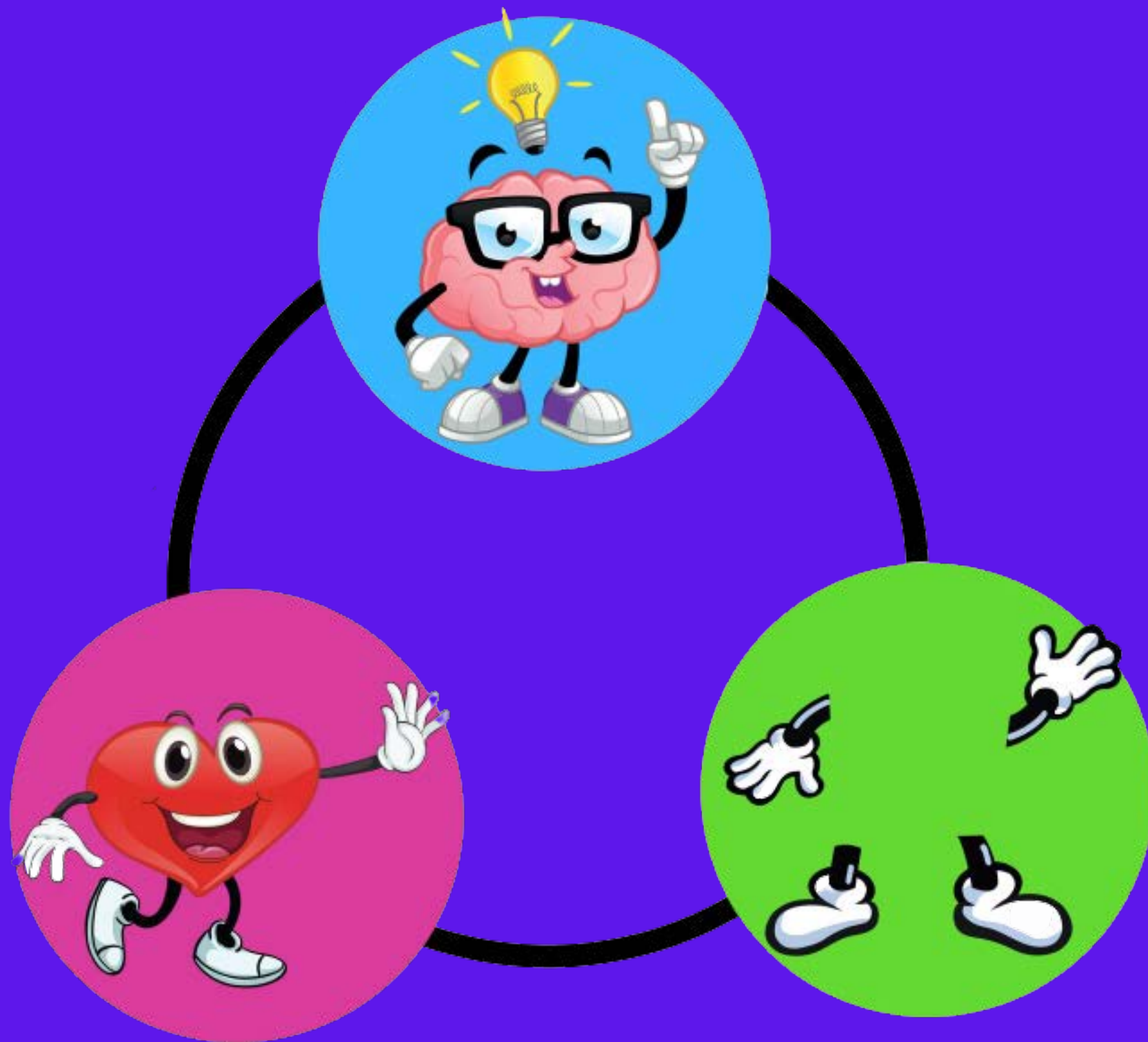
Level	Emotion	Icon
10	Happy	Yellow triangle with a smiling face
9		
8		
7	Sad	Blue triangle with a sad face
6		
5	Angry	Red triangle with an angry face
4		
3	Worried	Grey triangle with a worried face
2		
1	Calm	Green triangle with a calm face
	Tired	Purple triangle with a tired face

© All rights reserved to Rebound and Recovery and the Center for the Study and Promotion of Communities, Families, and Children

**R**eflect on the connection between their emotions, thoughts, and actions



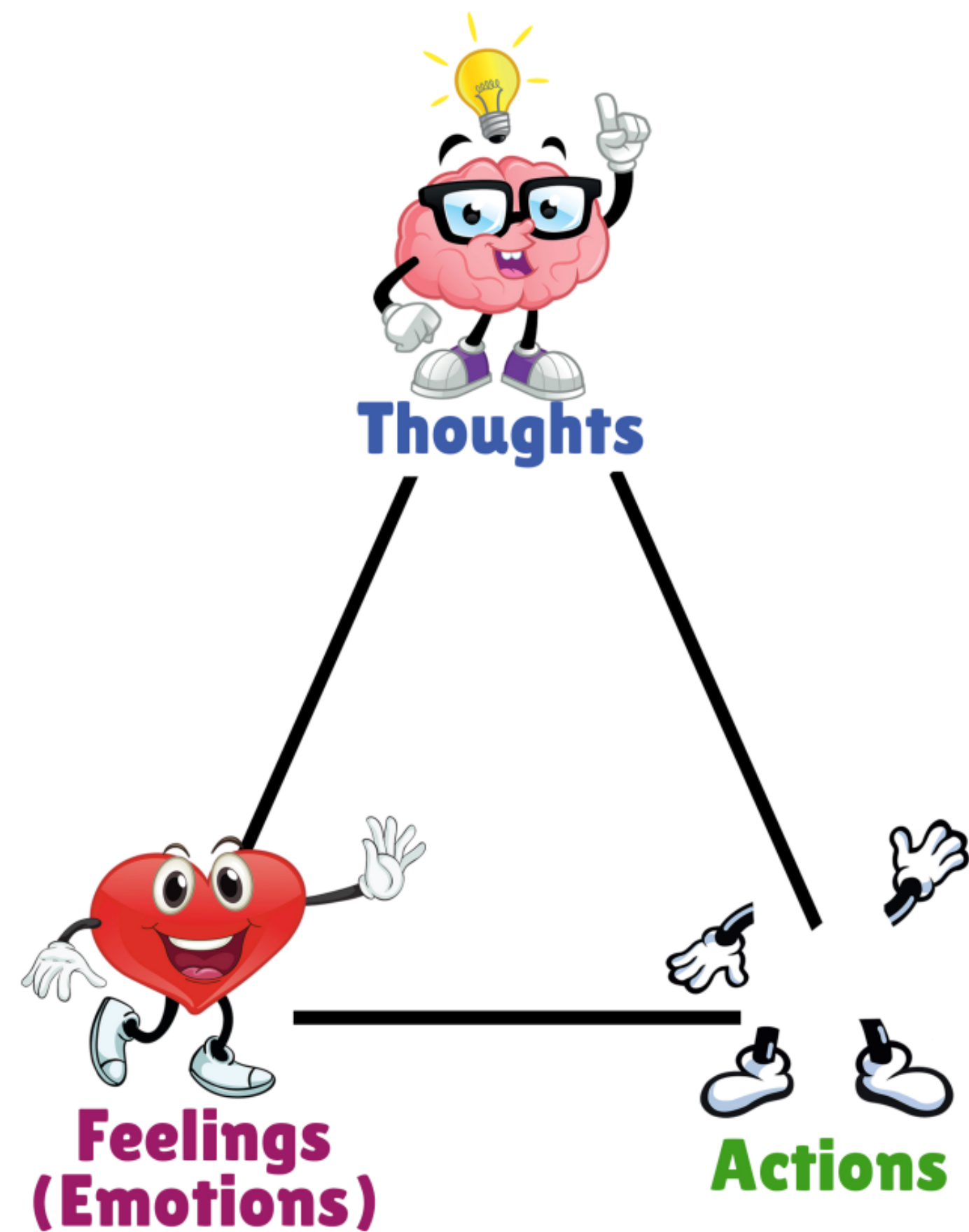
# Connection between emotions, thoughts, and actions

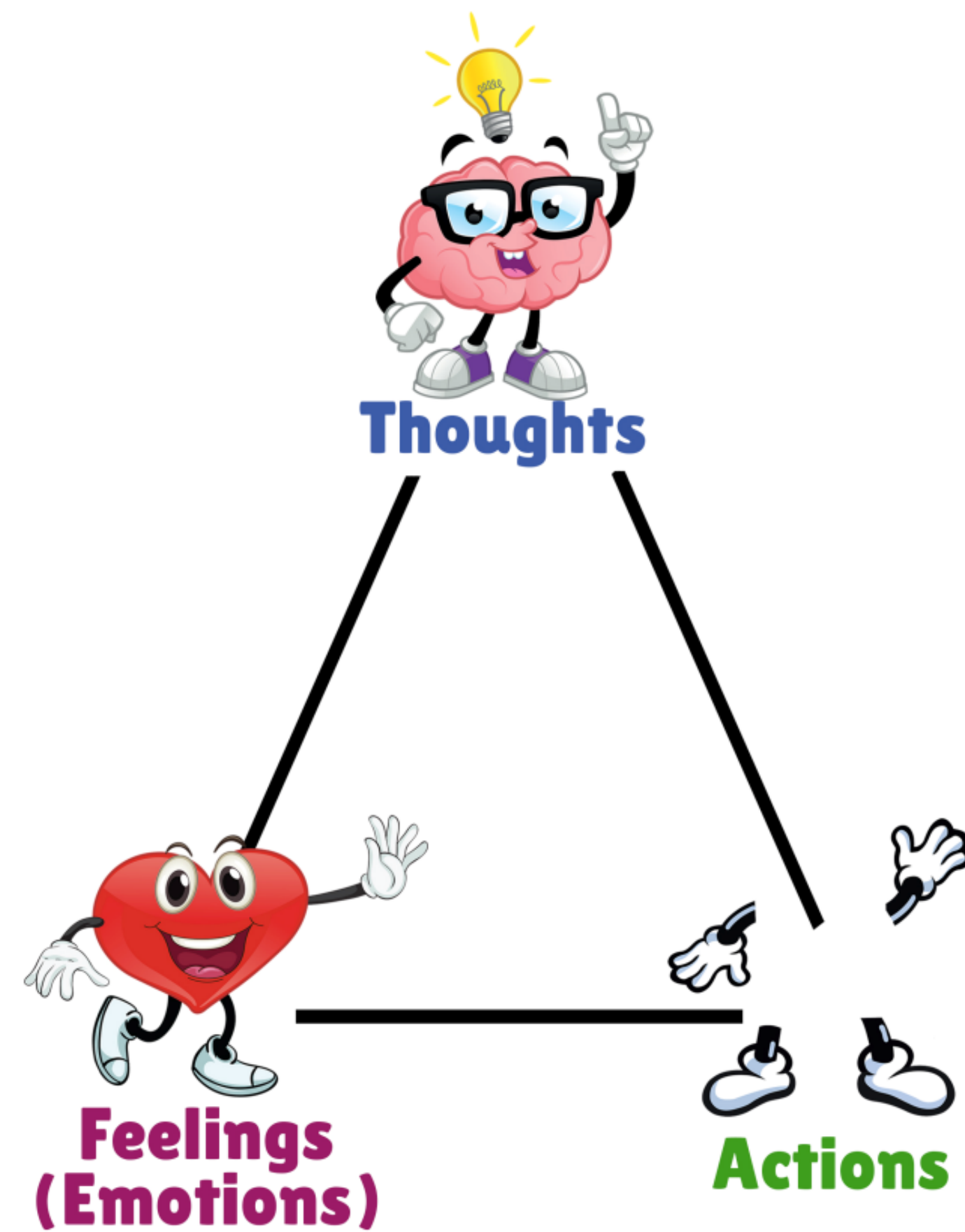


Children who receive CBT supports:









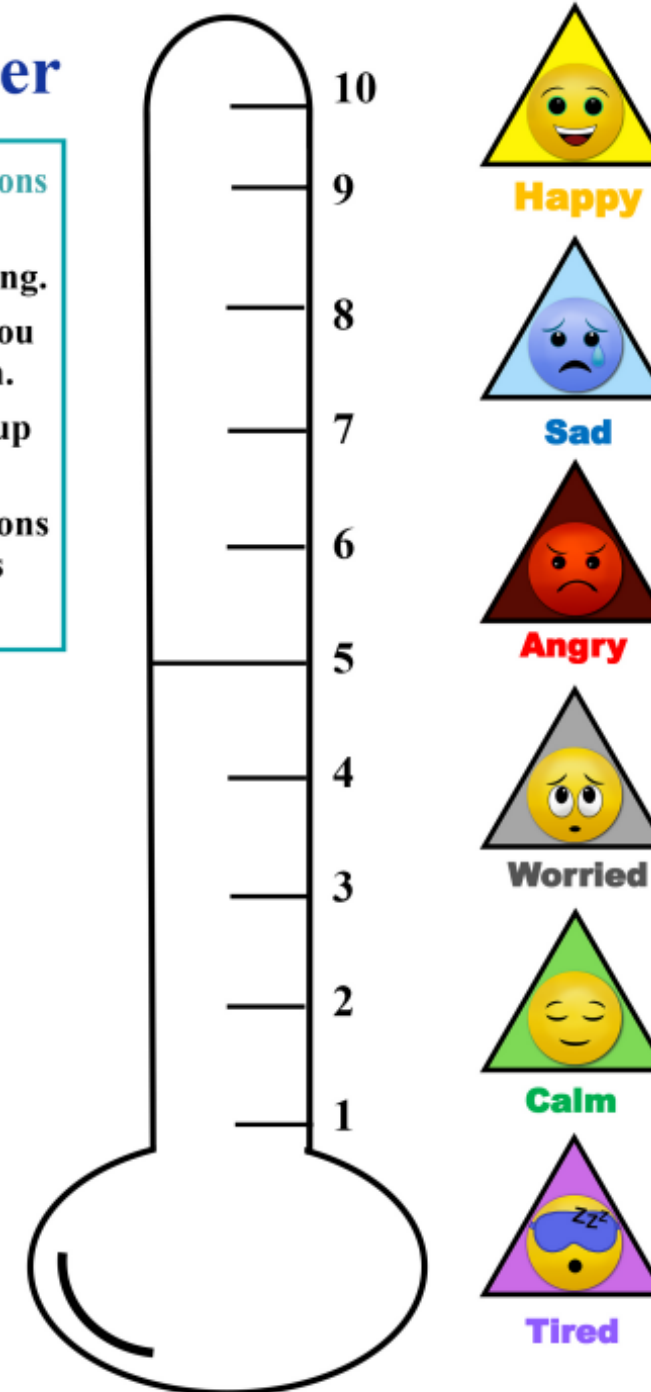
# Emotion Meter

## REBOUND & RECOVERY

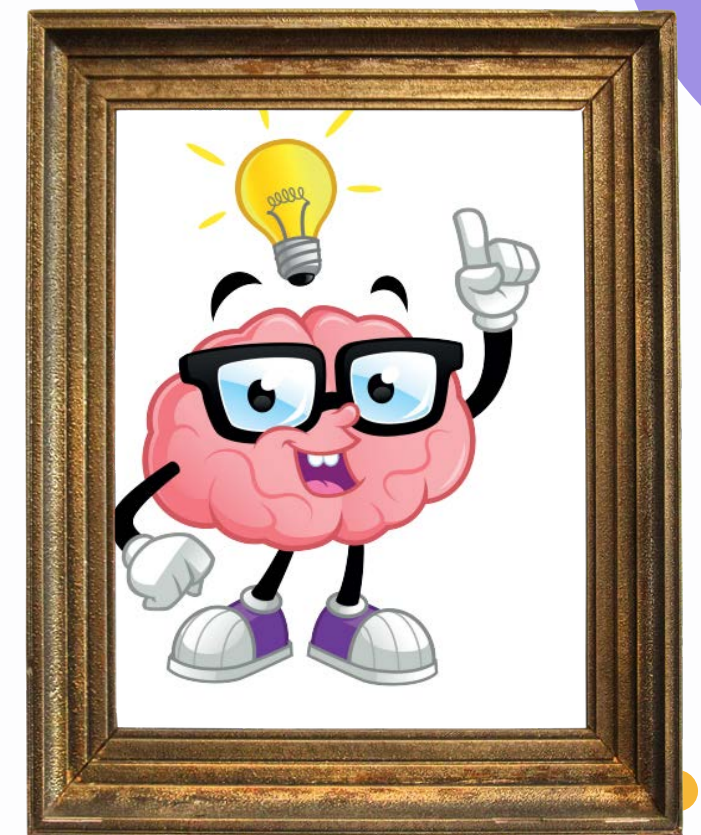
### Emotion Meter

#### Emotion Meter Instructions

- 1) Pick out what emotion(s) you are feeling.
- 2) Point to how much you are feeling that emotion.  
1 is a little, all the way up to 10, which is a lot.
- 3) Try to name the reasons why you are feeling this emotion.



**R**eframe their negative thoughts







I'm not smart!

I am learning  
new things

No one likes  
me!

\_\_\_\_ likes me  
and is my  
friend.

I'm ugly!

I like that I  
have \_\_\_\_\_!

**R**egulate their emotions and actions

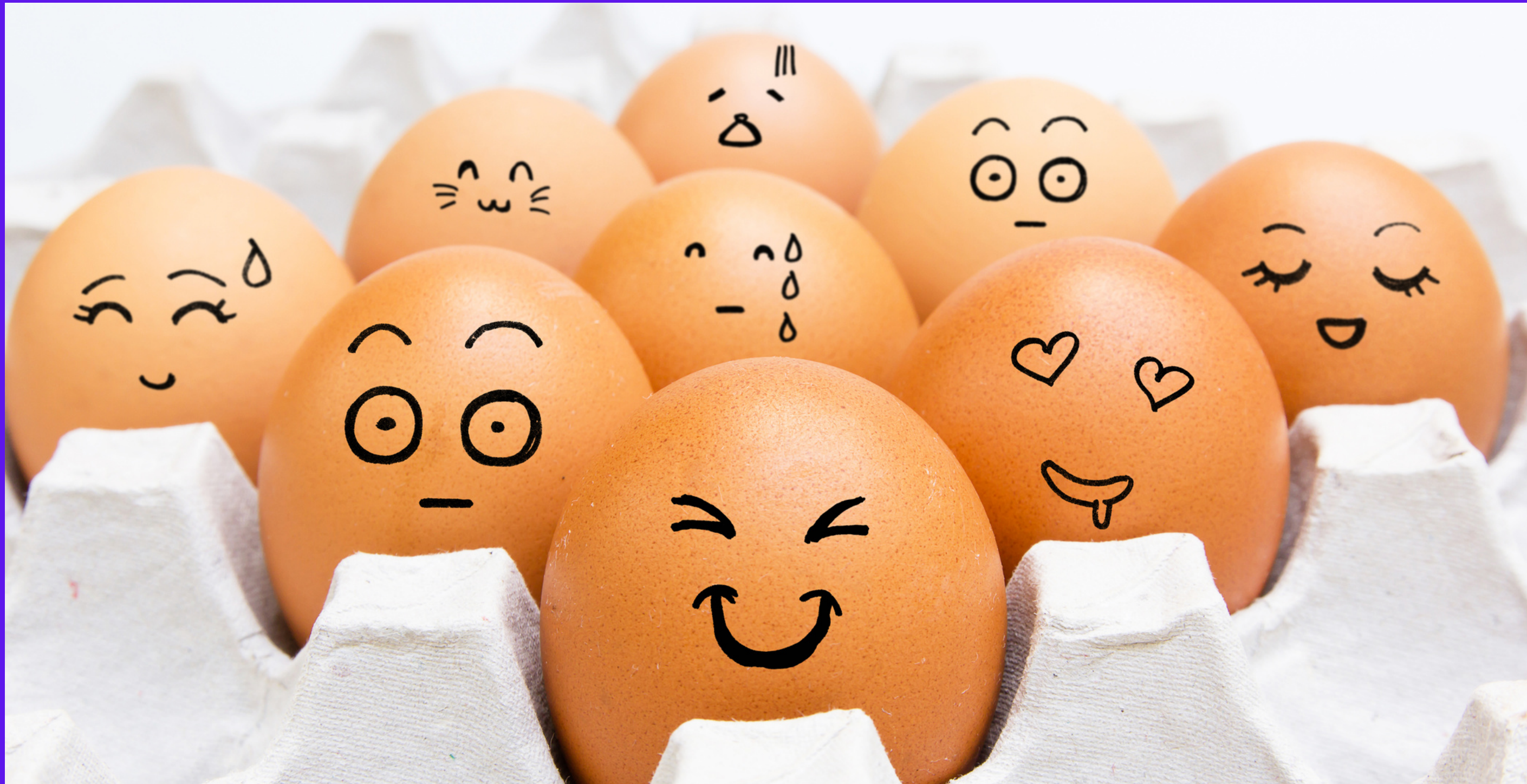


Children react differently to not being able to express what they are feeling.

- ★ Some children tend to hold big feelings inside.
- ★ Some of these children withdraw and avoid interacting with others.
- ★ Other children are more explosive in nature.
  - angry outbursts
  - throw things
  - tantrums
- ★ Some children show emotions through aggression toward others, such as their family members, friends, or even themselves.



# What is Emotional Regulation?







Too hard



Too soft



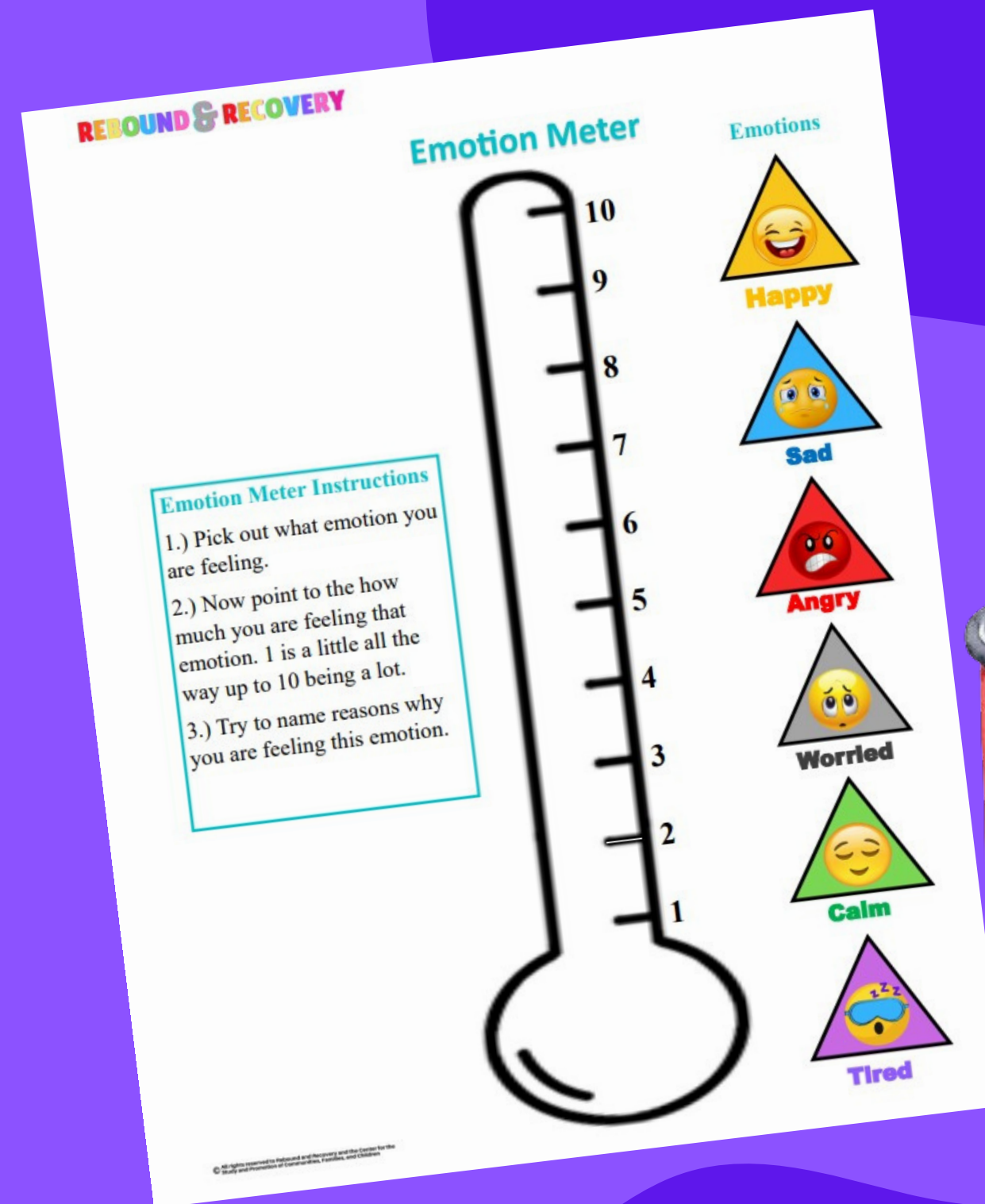
Just right



## Hot Cocoa Breathing



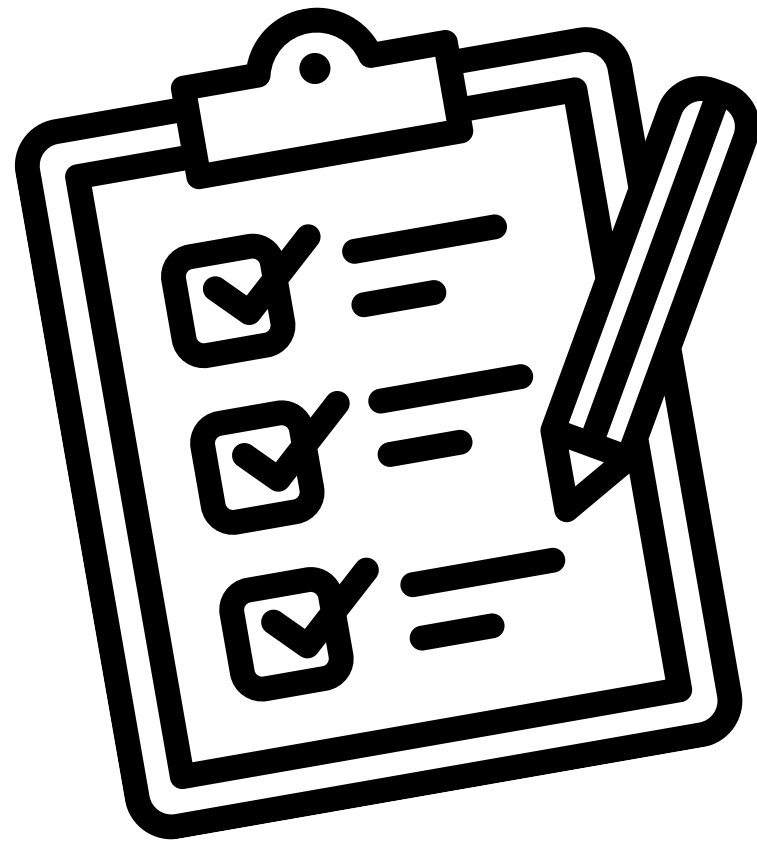
# Cognitive Behavioral Skills





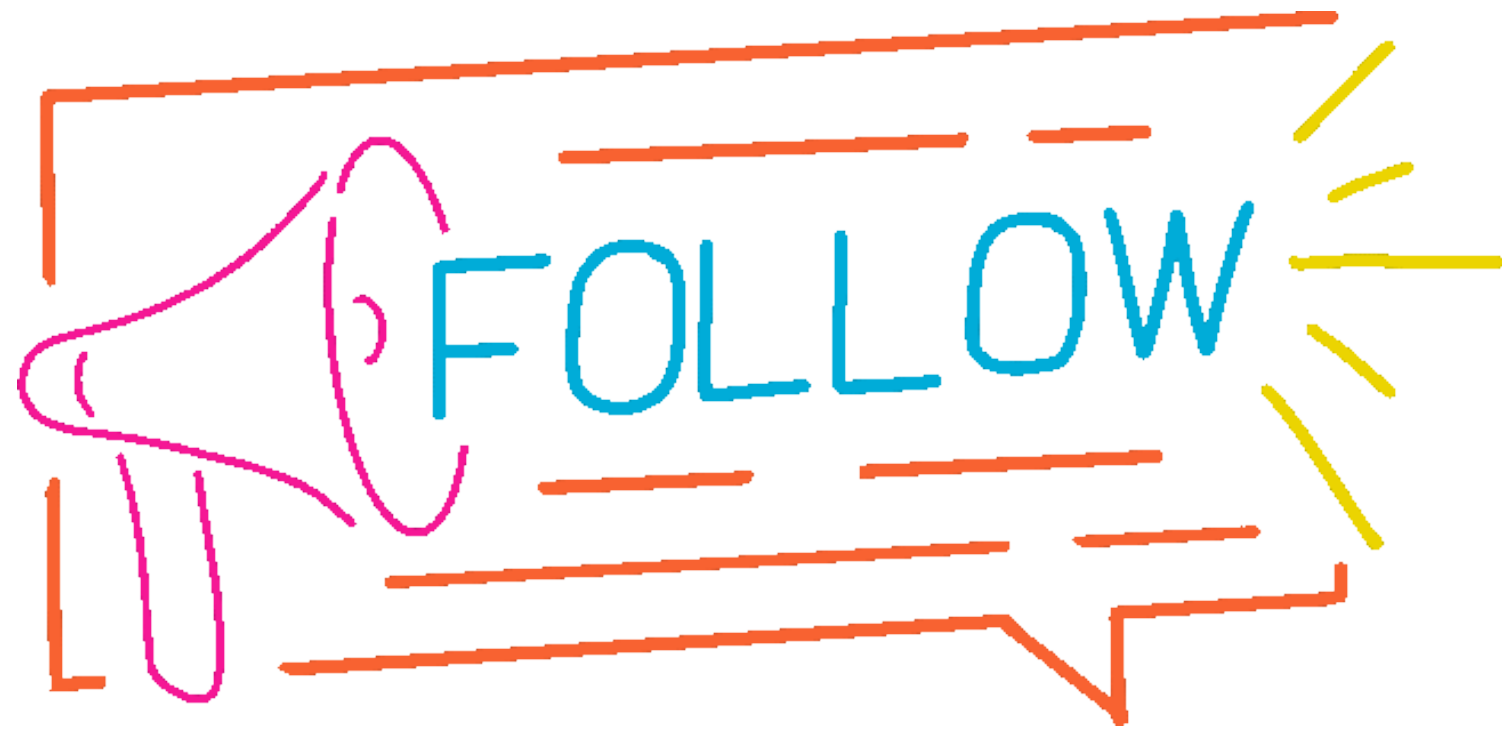
Questions?



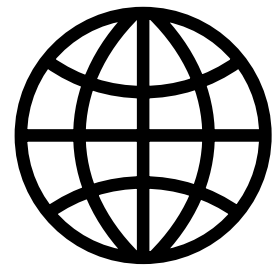


Tell us your Thoughts!





# REBOUND & RECOVERY



<https://reboundandrecovery.cfc.fsu.edu/>



[www.facebook.com/ReboundandRecovery](https://www.facebook.com/ReboundandRecovery)



[fsu\\_rebound\\_and\\_recovery](https://www.instagram.com/fsu_rebound_and_recovery)



[@FSUCFCRR](https://www.pinterest.com/FSUCFCRR)

