

RULER ANCHOR

THE BLUEPRINT

KINDERGARTEN

MY NAME _____

DATE _____

Duration: 15 minutes

1

Family members and grown-ups, please read this before your child leads the activity.

Key Ideas:

- The Blueprint is a perspective-taking tool that helps build empathy and resolve conflicts.
- The early years are a good time to begin developing these skills.
- It's easier to practice these skills in less intense situations.

Activity Goals:

- To realize that the characters are neither good nor bad – they just have different perspectives.
- To practice noticing and identifying feelings and different points of view.
- To think flexibly and feel empathy for both characters, by trying to understand them.
- To engage in the creative problem-solving process.

Activity Steps:

1. Read the comic strips and questions – and allow your child to identify the emotions the characters may be feeling.
2. Refer to the word list to the right if it is helpful.
3. Assist your child in writing the name of the feeling in the bubble above the character's head, if help is needed.

Perspective-taking and problem-solving are continuous, lifelong endeavors. We can lay the foundation early in a child's life to help them be more successful. For example, when reading stories together, or when conflicts arise at home, you might ask the kinds of questions modeled on pages 2 & 3, to help your child develop these skills.

The focus should be more on the conversation you have with your child than on finding the "right" emotion for each character. Asking good questions and exploring ideas is a big part of the learning.

WORD LIST

Surprise – unexpectedness ("Wait, what just happened?" or "Gasp!")

Anger – very upset because something unfair happened ("Not fair!")

Envy – resentful or annoyed because you want something someone else has ("I wish I had that!")

Sad – bad, like you might cry ("I miss _____, and am sad to lose _____.")

Happy – full of good feelings; glad ("Yay!")

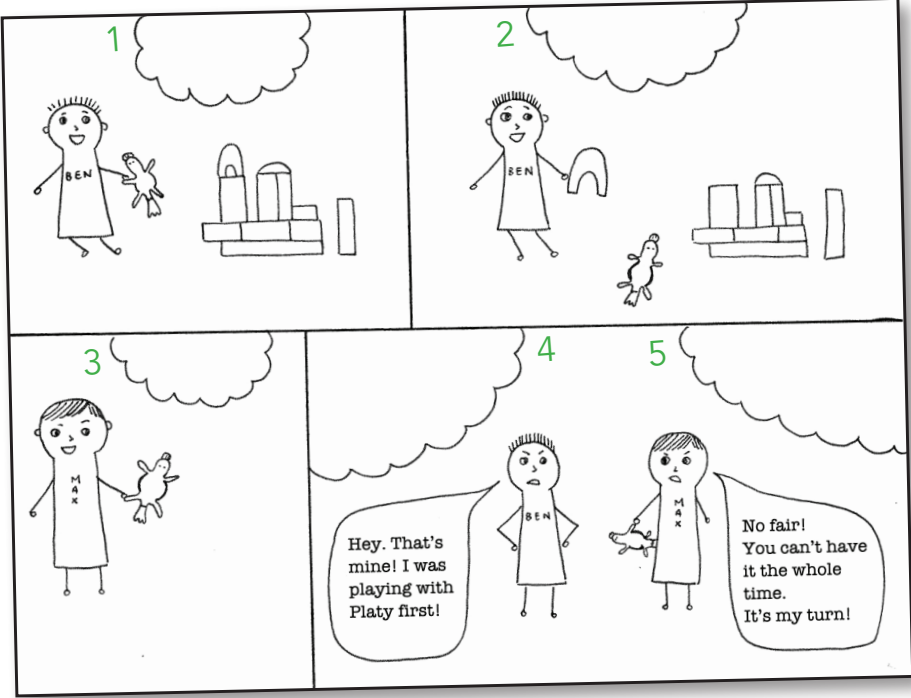
Disappointed – sad because something did not happen the way you thought it would happen ("I was hoping for this, but...")

Curious – wondering about something and wanting to know more ("I wonder...")

2

Student, have fun doing the activity!

The Activity



Parents, please read to your child and help them write:

1. Ben is playing with a toy platypus in the block area. Write how you think Ben is feeling in bubble 1.
2. He sets it down to reach for something else. Write Ben's feeling in bubble 2.
3. Max picks up the platypus and starts to play with it. Write Max's feeling in bubble 3.
4. Ben sees and says, "Hey, that's mine! I was playing with Platy first!" He reaches to grab it back. Write Ben's feeling in bubble 4.
5. Max says, "No fair! You can't have it the whole time. It's my turn!" Write Max's feeling in bubble 5.

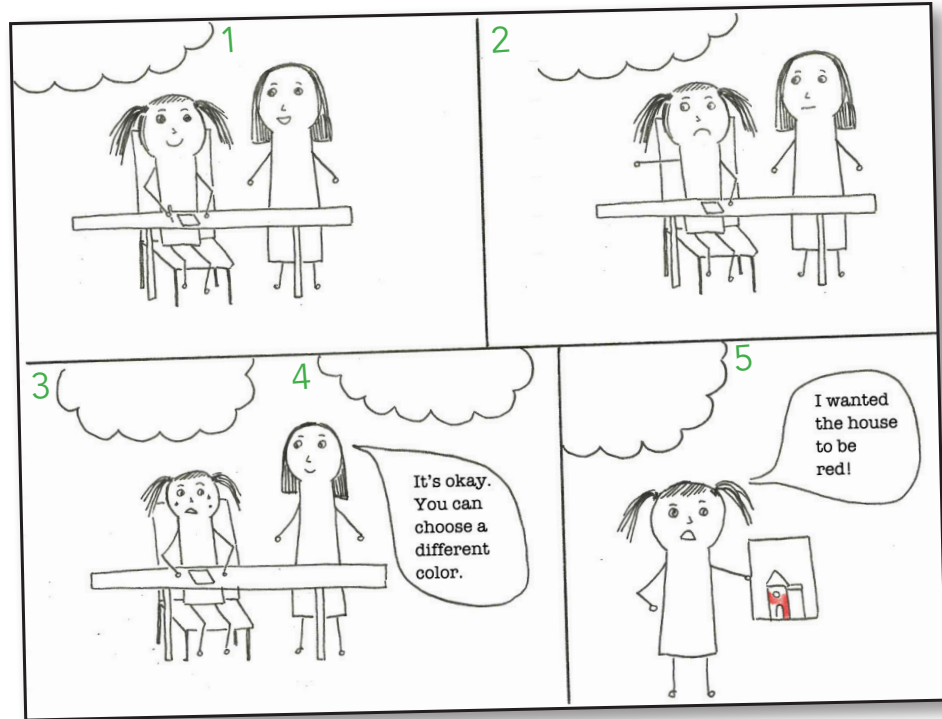
Explore these questions with someone.

1. Explain why you think Ben feels the way he feels.
2. Explain why you think Max feels the way he feels.
3. How did Ben and Max express their emotions? Could they have been more skillful? Did they regulate (or manage) their emotions? Please discuss.
4. What are your ideas for how they might solve the problem so that they both feel better?

3

Student, have fun doing the activity!

The Activity



Parents, please read to your child and help them write:

1. Elena is drawing a picture with her mom at the table. She looks for the red crayon to make the house red.
2. Elena notices that her brother has just used up all of the red crayon in the other room.
3. Elena begins to cry.
4. Her mom suggests using a different color since there are no other red crayons.
5. Elena is very upset because she can't finish her drawing the way she wanted.

Explore these questions with someone.

1. Explain why you think Elena feels the way she feels. How is she expressing her emotions?
2. Explain why you believe the Mom feels the way she feels. How is she expressing her emotions?
3. Circle which response (or responses) would make you feel better if you were Elena:
 - 1) Mom says, "I'm so sorry that this happened. I can see why you would feel disappointed."
 - 2) Little brother runs in, gives Elena a hug and says, "I'm sorry!"
 - 3) They make a plan to get more red crayons tomorrow.
 - 4) Other: