



Thanksgiving Emotions with Grandparents

An EZducate Social Learning Story

Target Skill: Emotions

Reading Level: Intermediate

Story Type: Everyday

Approach: Explicit

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My name is Ryan, and I am going on a trip with my family to visit my grandparents for Thanksgiving. My parents and I are getting ready to travel. I am excited, but I also feel nervous because traveling can sometimes be overwhelming and new places can be unfamiliar.



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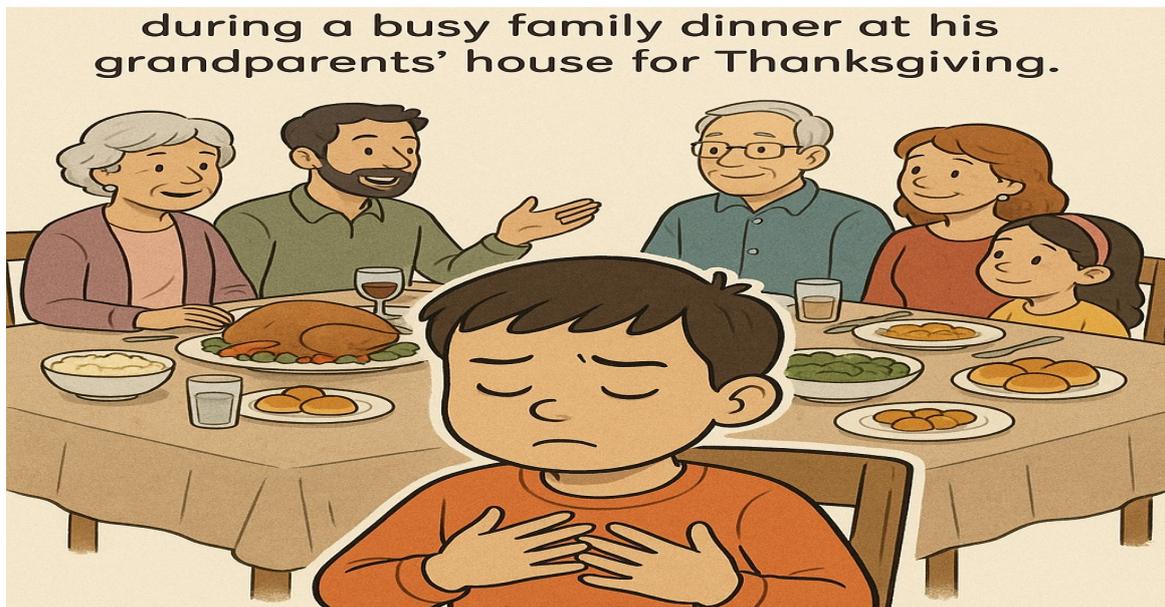


My name is Ryan, and I am going on a trip with my family to visit my grandparents for Thanksgiving. My parents and I are getting ready to travel. I am excited, but I also feel nervous because traveling can sometimes be overwhelming and new places can be unfamiliar.

When I feel nervous, it helps me to take deep breaths. I remember that my family is there to support me. My mom and dad are always happy to help me understand my feelings. Knowing they are with me makes me feel safe.

On the day of our trip, we pack our bags and get into the car. I feel both happy and worried. Happy because I will see my grandparents and worried because long rides can make me restless. During the car ride, I use my favorite blanket to help me feel calm. Listening to music also helps when I feel anxious.

When we arrive at my grandparents' house, I see everyone smiling and waving. I feel welcome, and this makes me feel comfortable. My grandparents are very happy to see us. I remember to smile back and greet them, even if I feel a bit shy.



At dinner, I feel a mix of emotions. There are a lot of people and noise, and sometimes this is difficult for me. To cope, I use my calm-down strategy by counting silently to ten. I can also politely ask my parents if I can take a short break in a quiet room.

I notice that my family is having a good time. They are laughing and talking. It is okay if I do not want to talk as much. I can choose to listen and nod my head to show I am interested. If I feel like talking, I can share a story about what I have been doing in school.

Celebrating Thanksgiving with my family helps me understand that emotions can be mixed. I feel happy to be with everyone, and it's okay to feel a little overwhelmed. I learn that taking breaks and using calming strategies helps me handle these emotions better.

My family supports me, and it is important to let them know how I feel. If I am ever unsure, I can ask for help. This makes me feel good and helps me enjoy our time together.



Key Social Concepts

handling mixed emotions

using coping strategies

understanding family support

Social Rules

- greet family members
- use calm-down strategies
- show interest by listening
- ask politely for a break



Social Understanding Questions

1. What does Ryan do when he feels nervous about traveling?

- A. He takes deep breaths *
- B. He ignores his feelings
- C. He watches TV
- D. He eats a snack

2. How does Ryan show he is welcome when he arrives at his grandparents' house?

- A. He waves back and smiles *
- B. He runs away
- C. He sits quietly
- D. He looks at the ground

3. What strategy does Ryan use during dinner when he feels overwhelmed by the noise?

- A. He talks louder
- B. He listens to music
- C. He counts silently to ten *
- D. He plays with a toy

4. Why is it important for Ryan to let his family know how he feels?

- A. It helps his family understand and support him *
- B. It makes him feel tired
- C. It makes the trip longer
- D. It is a rule

** Indicates the correct answer*



Social Cues Guide: Emotions

Skill Description

Understanding and interpreting emotions is crucial for social interactions. It involves recognizing social cues such as facial expressions, body language, and tone of voice to identify how someone is feeling and reacting appropriately.

Social Cues to Watch For

To understand emotions, look for social cues such as facial expressions (smiling for happiness, frowning for sadness), body language (crossed arms for defensiveness, open arms for welcoming), and tone of voice (high-pitched or excited for happiness, low and slow for sadness). Eye contact, posture, and gestures also play key roles in emotional communication.

Common Misunderstandings

- Confusing a sarcastic tone for sincerity due to unfamiliarity with vocal inflections.
- Interpreting someone who is quiet as being unfriendly, when they may just be shy or tired.
- Taking a playful tease as a serious insult because of difficulty recognizing light-hearted cues.

Practice Scenarios

1. Scenario 1: A friend is sitting with their arms crossed and their head down after a test. Discuss what emotions they might be feeling and why.
2. Scenario 2: During a group project, one member is speaking loudly and quickly with a big smile. Identify the emotion they are displaying.
3. Scenario 3: Someone shares that their pet is ill with a sad voice and tears in their eyes. Discuss what emotional support you can offer.
4. Scenario 4: You receive a gift, and the giver looks at you with wide eyes and a big smile. Talk about their emotions and how to respond.
5. Scenario 5: During a recess conflict, a peer stomps away with a furrowed brow. Analyze the emotion and suggest ways to rebuild the friendship.