

## Finding the Gray

Take some time to think about some common words related to social-emotional development. Sometimes people get upset, angry or elated because they react to a situation without really examining it or understanding it. Often when someone is emotionally upset, it is difficult to hold on to the understanding that people are a mixture of strengths and weaknesses and to remember positive things about every situation. The following activity will help you see the “gray” areas between extremes of thought about labels.

Think about what these words mean to you. Write an example of what each word means to you.

1	<b>Continuum of Emotional Qualities</b> 3                      5                      7	10
<b>Cowardly</b> (i.e., someone who ignores a child who is drowning)	(e.g., someone who calls 911)	<b>Brave</b> (e.g., someone who throws something into the water to rescue the child by pulling them to safety).
<b>Miserable</b>		<b>Elated</b>
<b>Unkind</b>		<b>Kind</b>
<b>Unfriendly</b>		<b>Friendly</b>
<b>Timid</b>		<b>Confident</b>

Adapted from Landy, S. (2009). Pathways to competence: Encouraging healthy social and emotional development in young children (2nd ed.). Baltimore, MD, US: Paul H Brookes Publishing.