

Discover with Me! Education Solutions

VALIDATING CHILDREN'S EMOTIONS AND TEACHING SELF-REGULATION THROUGH MOVEMENT, SONG AND FUN

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According to a University of Missouri study, 66% of teachers feel they don't have the necessary skills to meet their students' mental-health needs. As a long-time educator, former principal, and parent of two young girls, I wrote [I Love You Even When You Cry](#) with the intention of teaching children that their emotions and feelings are valid and acceptable, and to help teach the skills children need to develop social-emotional intelligence.

The story was inspired by my own development of teaching children to self-regulate, to validate their emotions, and to train teachers, as an educational consultant, how to use these techniques in the classroom.

I would like to offer a children's interactive story time and author visit at your school. The story time includes a reading of the book, as well as music, dance and exercises that teach children breathing exercises and calming techniques.

I also offer educator or parent literacy & language workshops with a book signing.

On Saturday, April 22nd 2017 Rancho King Buffet will kick off Week of the Young Child 2017 at 1pm Mr. Elias Duran, owner of Rancho King Buffet, is hosting "Claudia's Story Time with Music, Movement, Rhythm, and Rhyme" at his restaurant located on Antoine and I-10 West. Tony Garcia with SDC Builds Inc. is graciously underwriting books for a book giveaway. Together we will spread the love and joy of reading!

ABOUT DISCOVER WITH ME! EDUCATION SOLUTIONS

Discover With Me! Education Solutions (DWM!) takes educators/parents on a journey of best instructional practices for young learners. DWM! Education Solutions offers consulting and professional development for educators/parents of infants through primary age (up to 7yrs). We support and guide: building a love of reading & writing, learning with the five senses, inquiry based instruction, developmentally appropriate instruction and guidance, hands-on learning, infusing "organic" learning opportunities with a basis of purposeful planning, the power of communication, the power of silence and observation, developing listening, speaking, reading, & writing, expressive and receptive language development, making math meaningful, social-emotional development using empathy, tone, role-play, & modeling, and development of fine & gross motor skills.

ABOUT CLAUDIA MACIAS



Claudia I. Macias is an education consultant, performing artist, author, and radio show host. Claudia, a native Houstonian, holds a B.S. in Interdisciplinary Studies from the University of Houston and M.S. in Education from the University of Houston at Clear Lake. Her life journey includes teaching, founding and leading an elementary school with KIPP (Knowledge Is Power Program), mentoring teachers, and leading workshops for educators and parents. As a teacher mentor with Rice University's School Literacy and Culture program, she supported teachers implementing best instructional practices for early literacy and language at the early

childhood levels. With The University of Texas Health Science Center of Houston-Children's Learning Institute and The University of Texas at Austin Institute for Public School Initiatives, Claudia facilitated and led early childhood professional development sessions for educators and parents.



Claudia created a healthy habits show designed for early childhood and lower elementary age students. Her role in the show was "Lady Veggie." As "Lady Veggie" she performed for young learners and guided their discovery of healthy habits through song, dance, and dramatization.



With knowledge gained from The Society of Children's Book Writers and Illustrators and with support from published colleagues, Claudia published her first children's book, *I Love You Even When You Cry*. As a radio show host for Radio Crystal USA, Claudia, known as La Super Comadre Claudia, empowers the Spanish Speaking community by inviting guests who share resources on education, political engagement, and take care of one's heart and soul!



When home, she and her husband spend time painting, singing, blowing bubbles, daydreaming, picking flowers, reading, writing, and practicing yoga with their two young daughters.

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