



# Understanding & Supporting Your Child's Emotions

Presented by:

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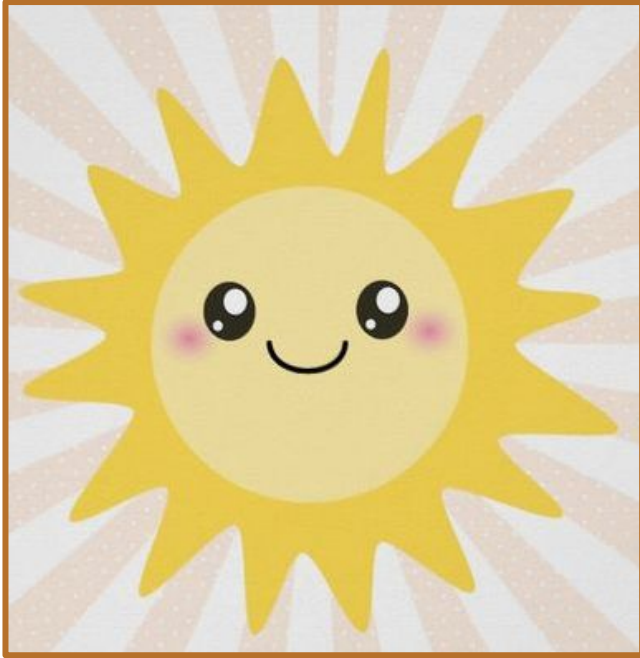
Elementary School Counselors



# When

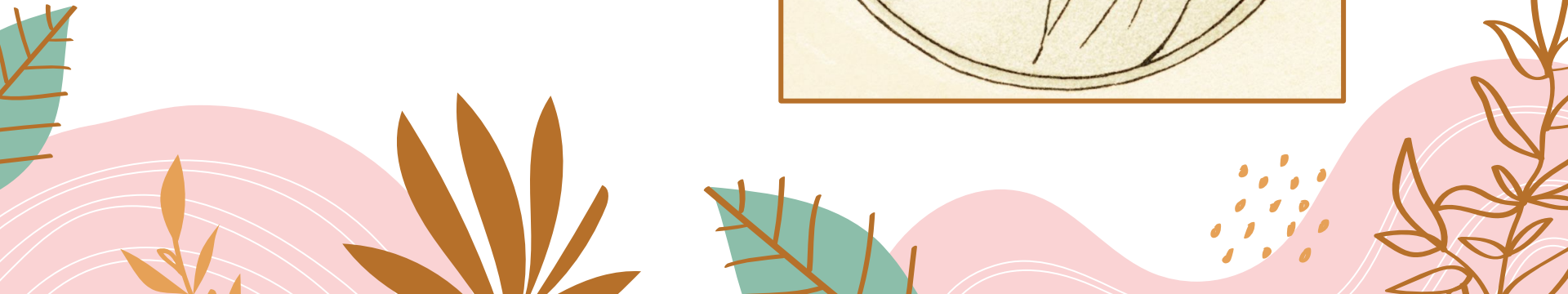
little people are overwhelmed by  
big emotions, it is our job to share  
our calm, not join their chaos.

-knost



Take a moment to  
identify your sun: the  
bright point in your week

# Social-Emotional Learning



*Think about it...*



*Physical*



*Cognitive*



*Emotional*



*Behavioral*



*Relational*



### *Physical*

### *Cognitive*

### *Emotional*

### *Behavioral*

### *Relational*

Stomachaches  
Headaches  
Body Aches  
Blurry Vision  
Racing Heart  
Sweating

Poor Concentration  
Forgetfulness  
Ruminating

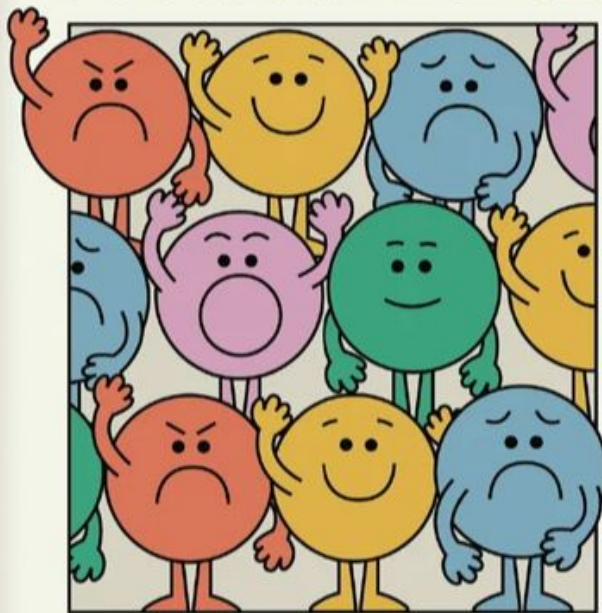
Worry  
Anger  
Sadness  
Nervousness

Yelling  
Hitting  
Defiant  
Clingy  
Eating/Sleeping  
Change

Siblings  
Friends  
Drama  
Judgemental  
Avoidant

# EMOTIONS MAKE US HUMAN

@lensdesign



— embrace every emotion —



# Anger

- Ensure safety
- Explain the difference between feelings and behavior
- Have rules in place and plan ahead
  - Identify a possible trigger
  - Use coping strategies



***Connection before correction!***





# Sadness

- Identify the feeling
- Talk about a possible cause
  - Validate the feeling
  - Offer support
- When possible, offer a preferred activity
  - Coping strategies



# Worry

- Do not avoid
- Label the emotion, don't suggest it (i.e. how are you feeling vs. do you feel worried?)
- Discuss expectations with your child & make a plan
- Review strategies (i.e. what can you do help yourself calm down?)
- Praise and positive reinforcement



# Frustration

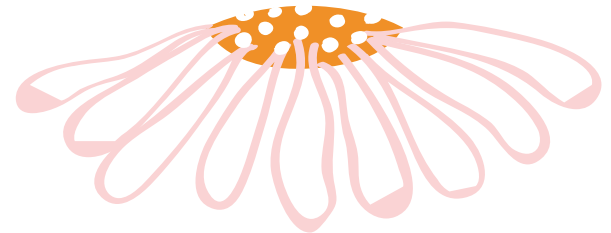
- Talk about a possible cause
- Remember: Kids like to feel capable and competent
- Teach how to ask for help
- Teach how to take a break
  - Offer help for thinking through a problem

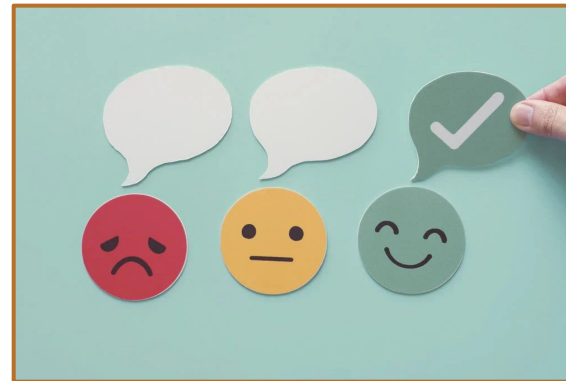
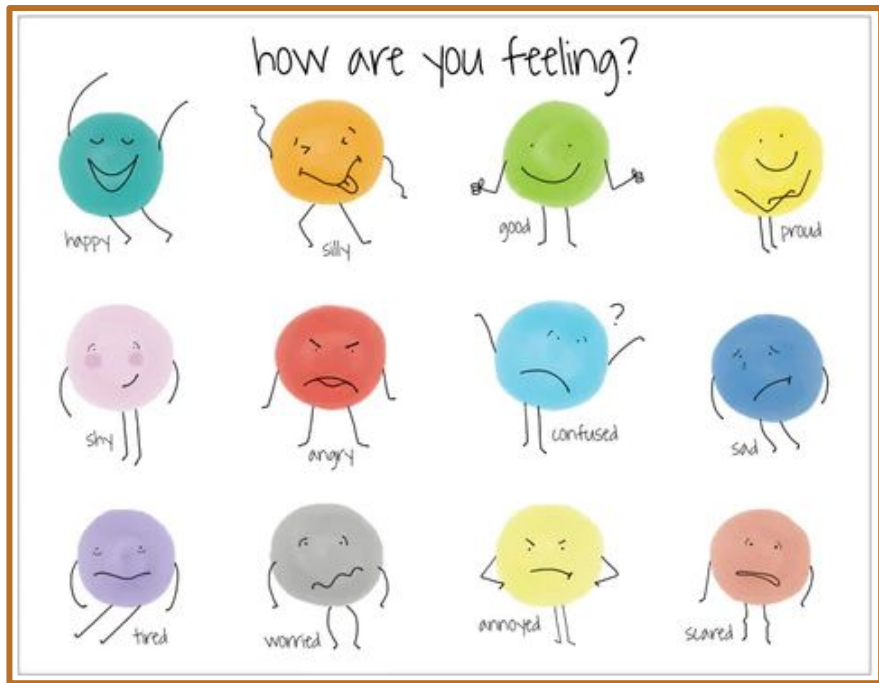
















# Supporting Your Child

- Give them the words (or pictures)
- Talk about emotions (including your own!)
- Talk about how emotions are experienced
- Talk about when emotions are experienced
- Point out facial expressions and body language
- Use books or videos
- Use visuals

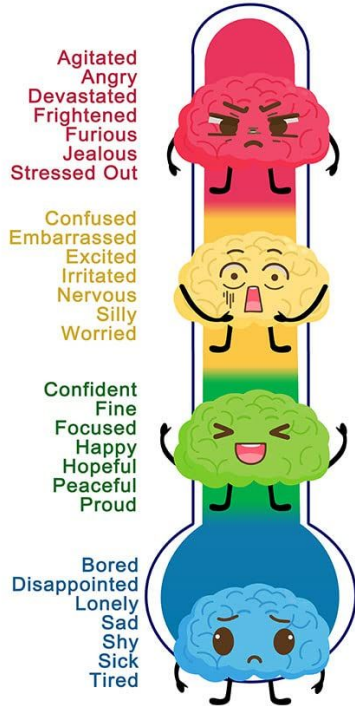




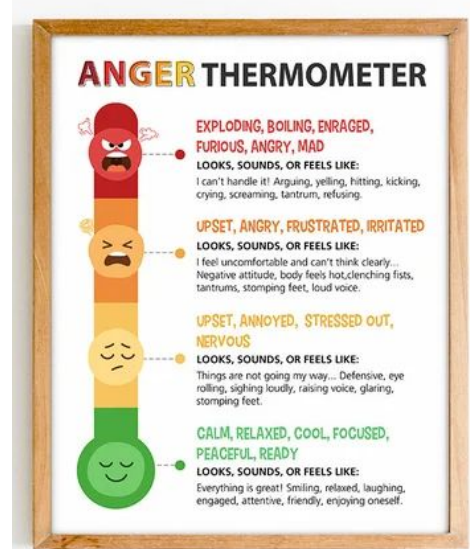
# Some Examples

Emotions		Emotions	
	angry		proud
	confused		sad
	content		scared
	embarrassed		shy
	excited		surprised
	happy		worried

# Feelings Thermometer



How Do You Act?	What Can You Do About It?	
Arguing, Refusing Tantrum, Shutting Down Yelling, Stomping	<p><b>"2,3,4"</b> Count to 10 or 100</p> <p> Tell an adult</p> <p> Move your body or exercise</p>	<p> Stop, and walk away</p> <p> Take a nap</p> <p> Take deep breaths</p> <p> Practice grounding techniques</p>
Avoiding, Pacing Clingy, Hyper Shutting Down Overstimulated	<p> Take deep breaths</p> <p> Take a break</p> <p> Pause, and ask for help</p>	<p> Use positive self-talk</p> <p> Tense and relax your muscles</p> <p> Relax and try again</p> <p> Think of a peaceful place</p>
Smiling, Relaxed Laughing, Engaged Paying Attention Enjoying Yourself	<p> Smile &amp; practice gratitude</p> <p> Help someone else</p>	<p> Use kind &amp; positive words</p> <p> Keep listening</p> <p> Take steps toward your goals</p> <p> Exercise</p> <p> Write about your successes</p>
Withdrawn, Disengaged Crying, Slowed Down Understimulated Depressed	<p> Get or give a hug</p> <p> Talk to friends or family</p> <p> Get some fresh air</p>	<p> Stretch</p> <p> Listen to music</p> <p> Move your body or exercise</p> <p> Do a hobby you enjoy</p>



## Questions to Ask Yourself:

- How does your body feel when you're \_\_\_\_\_?
- What do you feel in your body and where do you feel it?
- What can you do when you start to notice these physical body signals?

# Stress and My Body

Color in the reactions that happen to your body when you are feeling stressed.

What are some other physical symptoms that you experience?

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# Tangible Tips

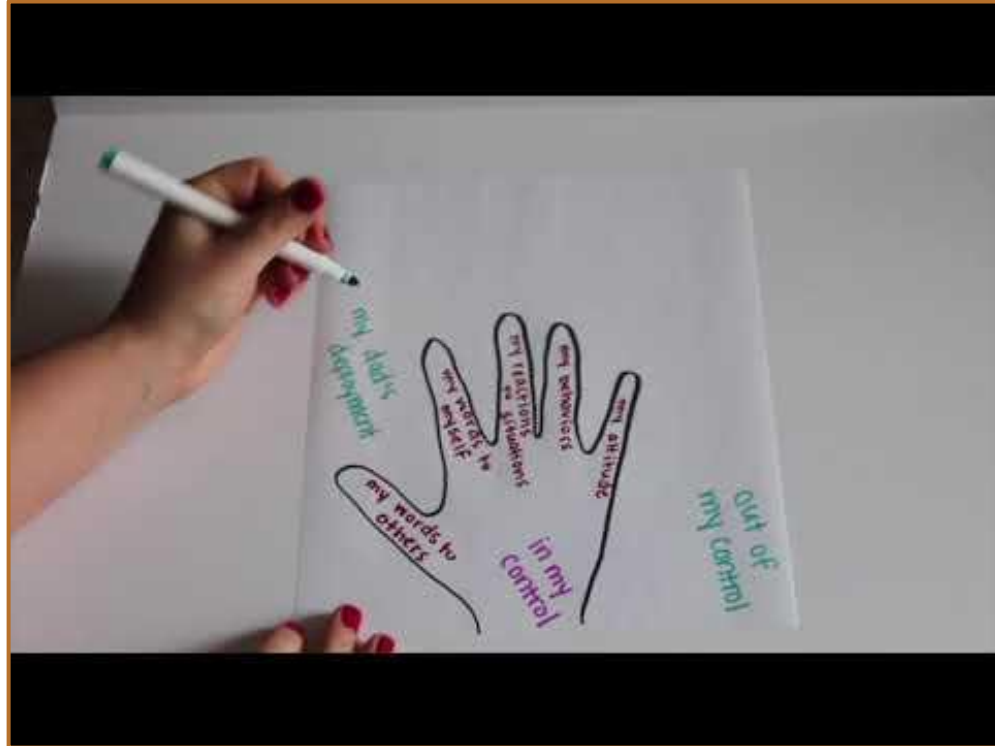


- Rule out anything medical
- Maintain a sense of structure and routine
- Communicate consistent expectations and support
- Be responsive
- Validate feelings
- Active listening
- Provide information to an appropriate degree
- Allow for consequence if necessary





# Realm of Control Awareness





# Find a Possible Trigger

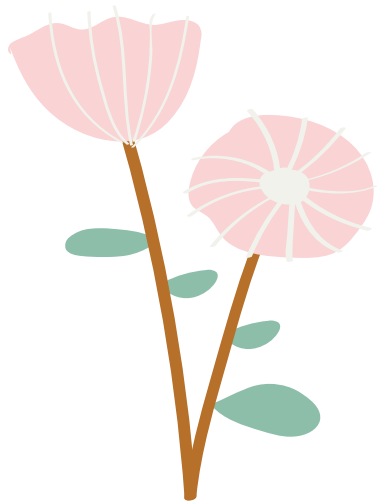
Hungry?

Tired?

Need Attention/Connection?

Overstimulated?

Sense of Injustice?



## What to Say to Your Child

"I can see that this is hard for you."

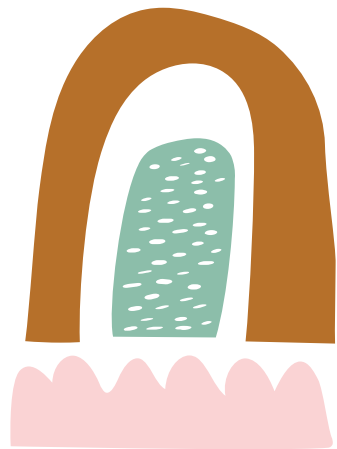
"I am here when you're ready to talk."

"Would you like help/a break/etc...?"

"Can you help me understand what you need?"

"Do you want to try and come up with a solution together?"

"You seem \_\_\_\_\_. I understand why you feel that way in this situation. I get it."



# Coping Skills Alphabet

**A**

ART AND  
DOODLING



**F**

FIND A  
SAFE SPACE



**K**

BE KIND  
TO MYSELF



**P**

PUZZLE



**U**

USE FIDGET TOY



**B**

SQUEEZE A  
STRESS BALL



**G**

PRACTICE  
GRATITUDE



**L**

LISTEN TO  
MUSIC



**Q**

HAVE SOME  
QUIET TIME



**V**

VISUALIZE A  
HAPPY PLACE



**C**

COUNT TO 0  
FROM 30



**H**

HUG A  
STUFFED ANIMAL



**M**

MOVE MY  
BODY



**R**

READ BOOKS



**W**

WATCH A  
FUNNY VIDEO



**D**

DEEP  
BREATHING



**I**

IDENTIFY  
EMOTIONS



**N**

CHALLENGE  
NEGATIVE THOUGHTS



**S**

DO SOME  
STRETCHES



**X**

EXERCISE



**Y**

YOGA



**E**

EAT A SNACK AND  
DRINK WATER



**J**

JOURNAL



**O**

GO OUT TO  
ENJOY NATURE



**T**

TAKE A BATH




**Z**

SLEEP





# 7 Things to Do Before Homework

1. Feed your child's tummy and brain – food is fuel!
  2. Allow fresh air and time to unwind.
  3. Have a designated space for all school things, (i.e. by the front door).
  4. Have a designated space for doing homework with everything they need within arm's reach.
  5. Make sure your child is getting enough sleep.
  6. Clear your schedule when possible so you can be available in case they need help.
  7. Stay calm so that if your child hits a roadblock, they can express themselves and you can address the issue together as a team.
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# 15 Calming Activities for Kids Who Need to Move

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Going on a scavenger hunt



Running or jogging



Organizing or cleaning



Dancing



Blowing bubbles



Taking pictures

Spending time outside



Riding a bike



Playing an instrument



Gardening and yardwork



Practicing yoga



Playing a sport

Building something



Cooking or baking



Role play and acting



Clipart by Sarah Pecorino & Kate Hadfield



all  
FEELINGS  
ARE  
OKAY