

5 STEPS

To Help Your Child Manage Big Feelings

EXPLORE

Help your child to explore their feelings and emotions. Use these questions as prompts:

- Where do you feel it in your body?
- What does it feel like?
- Can you give it a colour?
- Are there other times when you notice similar feelings?

Make a habit of sharing your feelings too. "I've got a meeting today and I feel nervous. my tummy feels like a washing machine going round and around".



BREATHE

Deep breathing is our very own super power! It helps children (and us) to stay calm when we notice big feelings rising.

It also calms us down if we haven't quite caught the feelings in time! Deep Breathing slows our heart rate, blood pressure and gives us something to focus on counteracting the fight/flight response.

Feather Breathing is a really fun way to get children to use their breath in a calming way.

NAME

Help your child develop their emotional language by learning to recognise and label feelings. More than just happy and sad too!

By learning to name different emotions, children begin to grow their emotional awareness helping them to express verbally how they feel.

Have fun with it – create a feelings family by giving each feeling a character with a name, voice, colour and shape. 'Angry Andrew', or 'Crazy Carly'



SURF

This is one of the most important things to teach our children!

Help your child understand that uncomfortable feelings come and go. They can also be big and small just like the waves in the sea. They don't last forever and by learning to surf them children continue to develop their emotional awareness and begin to recognise that:

They are not their feelings, they just feel their feelings.

BOOST

Whether it's dancing, jumping, stretching or playing getting our bodies moving releases the happy hormone in the brain giving us a mood boost and it also calms the nervous system too.

Have a jar of favourite mood boosting activities that your child can choose when they need a pick me up or to access when they feel big feelings rising.

You could also make a poster as a visual reminder of what helps them to feel happy.

