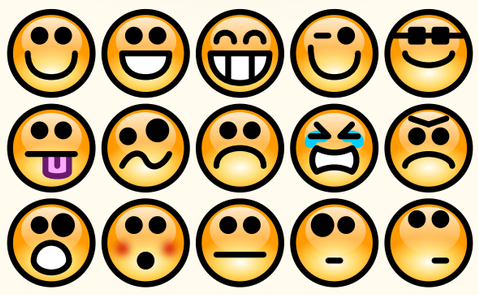
# BIG I'M FEELING A emotion

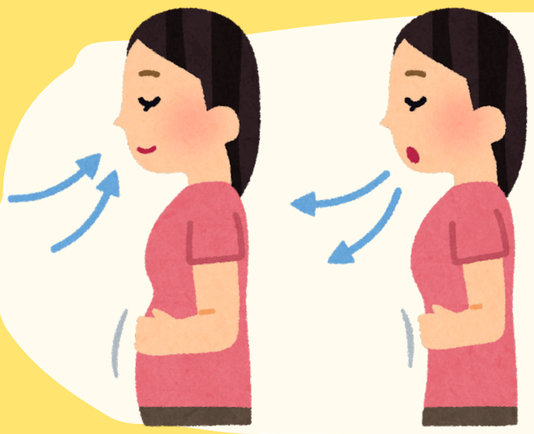


## 1 Name the Feeling

Encourage your child to express their emotions by saying, "I see you're feeling frustrated. Let's talk about it." Naming emotions helps kids process them better.

## 2 Calm-Down Corner

Set up a cozy space with soft pillows, sensory toys, and calming activities (like coloring or deep breathing). This provides a safe space to reset.

## 3 Belly Breathing

Show them how to take deep breaths by placing their hand on their belly and inhaling slowly like they're blowing up a balloon. This helps slow their heart rate and relax their body.

## 4 Use "Pause & Choose"

Before reacting, teach your child to pause, take a deep breath, and choose a response instead of reacting impulsively. Practice through role-playing games!

## 5 Encourage Physical Outlets

Movement helps release emotional tension! Encourage jumping jacks, stretching, dancing, or a quick run outside when your child is overwhelmed.

## 6 Practice Problem-Solving Together

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COACH JULIENNE
KIDS LIFE COACHING