

# Emotions

It is important to set up environments so that children can work on self-regulating skills. Young children may have trouble expressing their thoughts and feelings until they learn about emotions and strategies to handle them. Some strategies to help children include:

Breathing deeply and purposefully can help block the body's response to stress. Children may struggle with the idea of slowing down and concentrating on their breathing. To help children learn to breathe deep have them blow bubbles or a pinwheel when stressed.



## Breathing.



## Music.

Listening to music can calm children allowing them time to gather their thoughts and slow down. Provide them with soothing music, headphones and a quiet spot.

Sometimes children need to be alone to begin calming down. Provide a rocking chair where they can rock to soothe themselves or a quiet corner with a bean bag chair.



## Alone area.



## Creative outlet.



Giving children a way to express how they are feeling beyond using words can be a great way to calm a situation. Provide children with a quiet area to draw a picture about whatever is bothering them.

Once children have calmed down and are ready to rejoin the group, take time to talk about the emotional moments. Connect the strategy they used to a real-life situation. For example, "if you were at the park today and got upset at Sally what things could you try to help you calm down?" This conversation can help children learn to identify their feelings and learn to cope with emotions in other settings.

