

# 5 WAYS TO HELP KIDS THROUGH BIG EMOTIONS



You don't have to stop the storm, you just need to help them through it.

**1**



## STAY CALM

(Be the Calm in Their Storm)

When your child is overwhelmed, they borrow your calm.

**TRY SAYING:**

- "I'm here with you."
- "You're safe."

Your calm helps their brain calm down.



**2**



## NAME THE FEELING

Kids need words for what they feel.

**TRY SAYING:**

- "You look really frustrated."
- "That made you feel sad."

When feelings are named, they become easier to manage.

**FEELINGS ARE OKAY**

HAPPY	SAD	ANGRY
SCARED	FRUSTRATED	WORRIED

**3**

## CONNECT BEFORE CORRECT

Before teaching or correcting, connect first.

**TRY:**

- A hug
- Sitting close
- Gentle eye contact

Connection builds trust and opens the door to learning.



**4**

## OFFER A SIMPLE COPING TOOL

Give them something they can do.

**EXAMPLES:**

Take 3 deep breaths	Hug a pillow	Count to 10	Take a quiet break

Small tools help big feelings feel manageable.



**5**



**TRY ASKING:**

- "What can we try next time?"
- "What would help you feel better?"

Teach in the calm, not in the crisis.



Growth happens in the calm.

**REMEMBER**

- All feelings are okay
- Big emotions are part of growing
- You are teaching skills for life

