

# emotion works...at home



When your child has an emotional response to something at home, use the cogs to help them tell the story of how they feel and what has made them feel that way. If it's not a nice feeling, try to think of 'feel better' strategies that will help if they feel this way again.

You could also do this when looking at how characters feel in books and films, or share some stories of your own.

Talking through and rehearsing responses helps children learn how to cope with and react appropriately to different emotions.

5 steps to the discussion:

1. Name it – what emotion word describes how you feel? You might need to make some suggestions to move on from just 'happy' or 'sad'
2. Acknowledge how it feels inside – where do you feel it in your body? What does it feel like? (eg. in my tummy, tense muscles, dry mouth)
3. Triggers and Causes – what made you feel this way? (there are lots and lots of reasons why we feel different emotions!)
4. Behaviour – what did you do to show this feeling to others? (Using your face, body, actions, words). Is this behaviour ok? What else could you do?
5. Regulate to feel better – what strategies could you use to calm down, cheer up or feel safer? Again, you may need to make suggestions.

