



Dealing with feelings

Ages 5 - 8

Dealing with feelings - Ideas Sheet

Feelings/emotions are a type of energy. It is important we accept them for what they are - normal human responses, and find ways to identify, explore and express them in a healthy way that isn't harmful to self or others. Teaching, practicing (and modelling) strategies to use when feeling sad, angry, excited, nervous, etc. will assist a child greatly.

BREATHING - good oxygen flow tells brain everything is okay

If your child is feeling angry, scared, overwhelmed, etc. calmly face them and ask them to take slow deep breaths (showing them by example). Do this with them even if just for 10 seconds. I also suggest persisting with this every so often, even if it doesn't seem to be working - you may be nicely surprised one day. Another option is to take a deep breath in and count to 5 or 10 slowly on the out-breath. *(Try these on a day when you child is feeling good. It gives them the skills prior to needing them and you can talk about how it makes them feel, and situations they mind find it useful.)*

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