

Listening for HEART in Emotions

Hear	<u>Hear</u> emotions within the child's words .	Listen for emotions in the child's expressions: sad, mad, frustrated, afraid, worried happy, excited, enthusiastic, eager
Express	<u>Express</u> your own milder emotions from time to time.	"I'm so happy everyone is here today." "I'm feeling a little sad that my sister is moving." "It's frustrating when I can't find my glasses." "I'm a little worried it might rain soon."
Accept	<u>Accept</u> that it's okay for the child to have strong emotions .	It's natural to want to help a child avoid having any negative emotions, but all emotions are just part of being human. It's best to validate the emotions and teach coping strategies.
Reflect	<u>Reflect</u> the specific emotions that you hear a child expressing.	Child: <i>"I hate these scissors."</i> Adult: <i>"You sound like you are feeling frustrated."</i> Child: <i>"No one wants to play with me."</i> Adult: <i>"You sound a little sad. Can I play with you?"</i>
Teach	<u>Teach</u> emotion coping skills .	Coping skills include: relaxation skills (e.g., deep breathing) self-calming statements (e.g., <i>"I'll be okay."</i>)

Use **emotion coaching** to encourage the expression of emotions.



HEART













It looks like you are upset, what's the matter my little one?



Papa, I don't like those noises outside. They're so loud!



You know, when I was your age I was afraid of loud noises too.



R-r-really, Papa?



It's ok to feel scared. I'm your Papa, and part of a papa's job is to protect his little ones.



It looks like this is a lot for you. I'm here, you're not alone



Hey, I've got an idea! Let's take a look at the emotion wheel you did such a good job coloring last week, and we can use it as a tool to help describe how you're feeling!



Ok, looking at your pictures, which one do you see that looks like how you're feeling?



I feel...



It's just all too much! I hate storms!

S



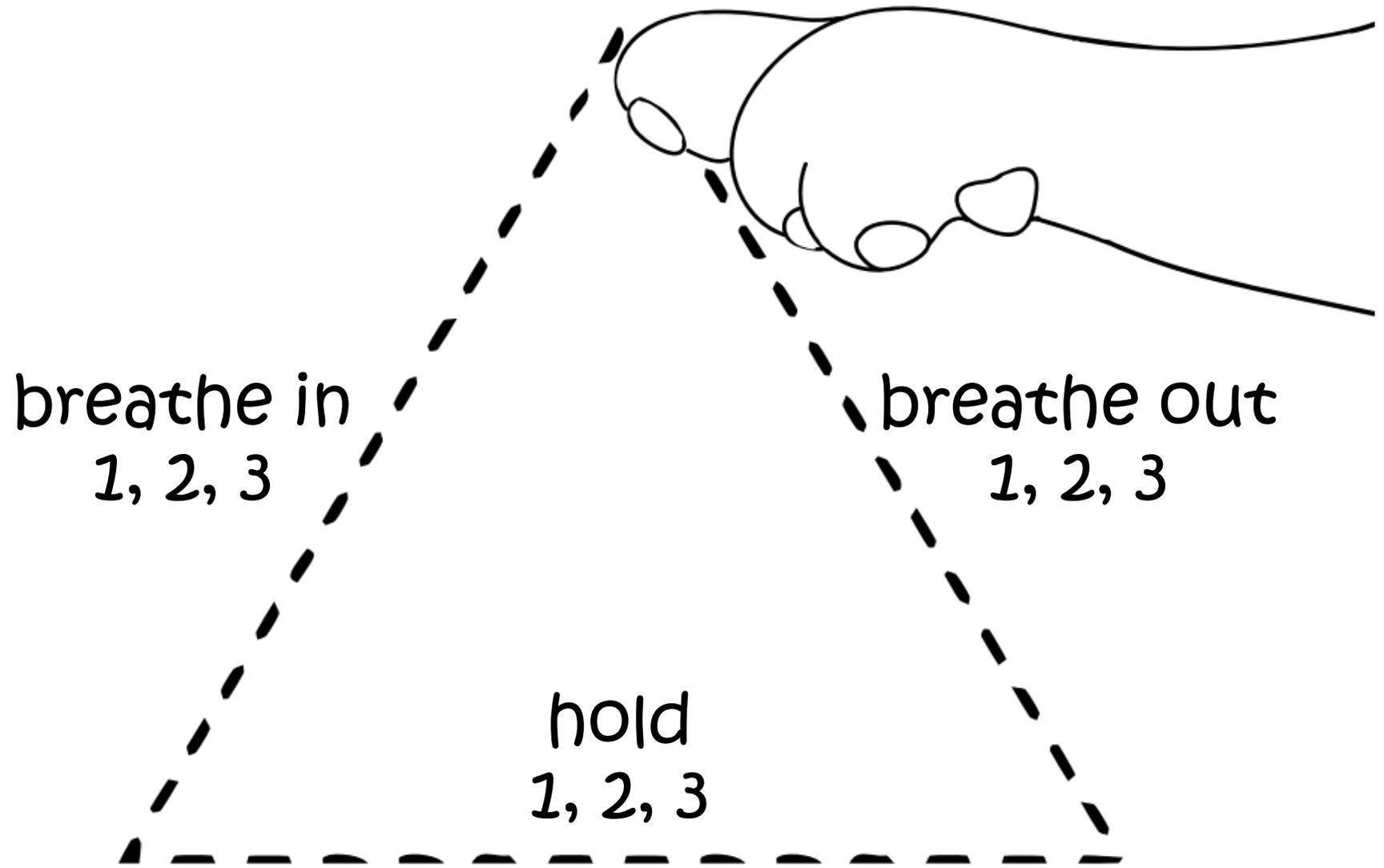
It looks and sounds like you are feeling like this picture right here. Would you agree, my little one?



I'm feeling scared, Papa.



Thank you for being so brave, my little one. Here's another idea! Let's practice the triangle breathing you learned from your friend Websy, and then we can decide what to do next.



Remember to draw a triangle as we breathe- ready? Ok, breathe in 1 2 3... hold it 1 2 3...and breathe out 1 2 3... breathe in... hold ...and breathe out... in... hold... out...



Great job! Now let's brainstorm and think of something we can do while this rain passes. We could read a book... or sing a song... or...



or play a game?



What a fantastic idea! Let's play a game!

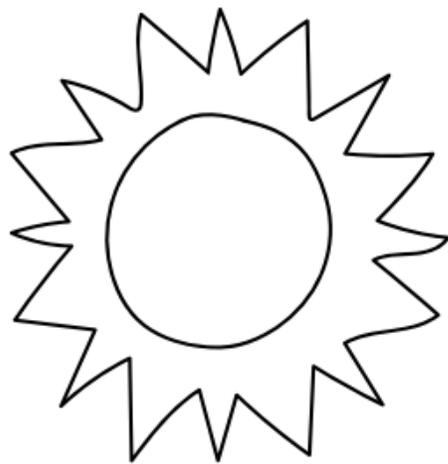


I love you, my little one



I love you too Papa

THE
END



Color pages for this story, your own emotion wheel, and other resources available at

<https://artandmesiue.wixsite.com/website>