

Name it, Claim it, Tame it

Helping Kids Deal with Feelings is Easy as 1, 2, 3

#1

NAME IT

Helping kids identify feelings is one of the foundations of self-regulation. Feelings are all around us. Help kids identify feelings in themselves and others. You can do this while reading books, watching a cartoon or dealing with real life situations. Labeling feelings is an important prerequisite to emotional literacy.

#2

CLAIM IT

When kids can proclaim, "I'm angry!" or "I'm so sad," they take ownership for their feelings. Owning their own feelings provides the springboard for the next step, which is doing something proactive about that feeling, rather than acting out because they are ineffective in handling that feeling.

#3

TAME IT

This is the step where your emotion-coaching really kicks in. Helping kids generate healthy, realistic ways to handle feelings of anger and upset is a skill that will contribute to your child's overall success. Ideas might include, "Talk to someone you trust", "Run your anger out", or "Draw a picture of what upsets you". These strategies will be even more successful if your child helps identify what might help her. Expressing feelings and making them known to another can be a powerful way to metabolize them.