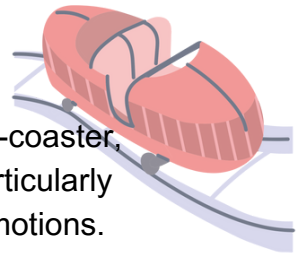


What are emotions?



We all experience a range of emotions and these can be a bit like a roller-coaster, always going up or down. However, when the unpleasant feelings are particularly strong, or last a long time, we can use some skills to help manage big emotions.

The first step in managing big emotions is to understand what emotions are and what different emotions feel like. Parents and carers are often able to identify the emotion based on the behaviours they observe.

Think about the emotions that your young people experience. What would happen to identify to you that your child experienced different emotions?

What would let you know your child was happy?
What would let you know your child was angry?
What would let you know your child was excited?
What would let you know your child was annoyed?

To enable our children to manage their own emotions they need to



N A M E I T

to

T A M E I T



When people are able to identify and name their emotions they are more able to be regulated when they experience these. Our young people might initially need support from adults in their life who can correctly interpret their emotional cues.

Expressing emotions

There are a range of ways that young people can learn to name their emotions. Having different named emotions in the environment can help young people to

NAME IT TO TAME IT.

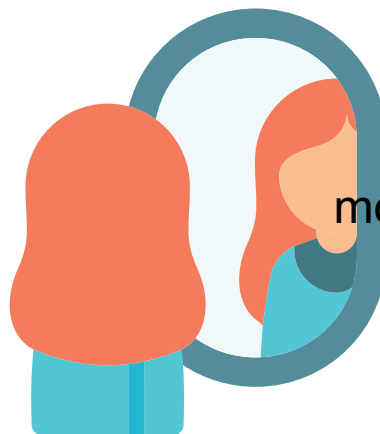
Use Emojis



Create an Emotions Poster

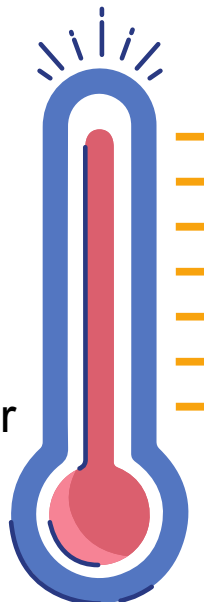


Verbalise your emotions

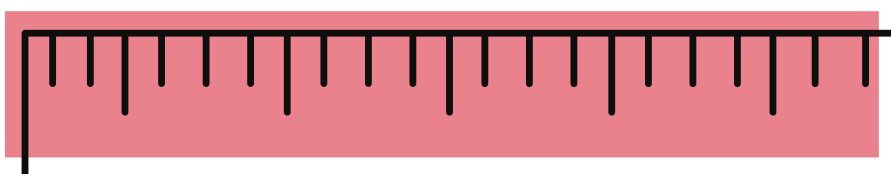


Use a mirror to model how emotions look

Create an emotional thermometer



Emotions Cards



Scale how strong the emotions feel