Regulation

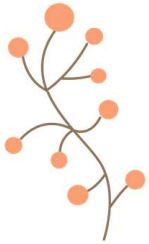


Emotional regulation is all about your child coping with the feelings they have. What do they do when they feel angry? What do they do when they feel sad? What do they do when they feel worried?

There are lots of calming and relaxing things they can do. Consider creating a safe space in your house for your child. This could be a little den somewhere where your child can go if they feel overwhelmed with emotion. Put some calming activities there that your child enjoys and can use. Make it together and explain how they can go here if they need to feel calmer.

Examples of things you could put in the safe space:

- ❑ Playdough
- ❑ Jigsaws
- ❑ Fidget toys
- ❑ Cuddly animals
- ❑ Warm blanket to snuggle in
- ❑ Lego bricks
- ❑ Crayons for angry scribbling
- ❑ Cushions
- ❑ Drawing and writing paper
- ❑ Mindful colouring



If you need any further support do contact...

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Empathy



Empathy is all about being able to understand and share the feelings of others.

It is about being able to imagine what someone else might be feeling. That often comes from having shared a similar experience.

For example a child who has had a pet die and was upset about it is more likely to be able to understand the feelings of someone else who has had a pet die. They can show empathy for that person because they have a good idea what that person is feeling.

Developing empathy is difficult for young children and comes with experiences and age. You can help your child develop empathy though by asking them to imagine how things might feel.

They can be encouraged to:

- ❑ Read the facial expression of others
- ❑ Imagine what might have happened for them to be feeling sad, angry, upset etc
- ❑ Can they imagine how they would feel if that happened to them
- ❑ To show kindness and help people who look sad, upset etc.

Teach them some ways to help such as:

- ❑ Can I help you?
- ❑ Shall I get an adult?
- ❑ Giving a hug if appropriate
- ❑ Asking 'are you ok?'
- ❑ Staying with the person, just by their side in case they need help
- ❑ Be a good listener and listen to the other person

For resources go to www.elsa-support.co.uk



ABOUT EMOTIONS

A guide for parents

ELSA support

Recognising Facial Expressions



It is helpful for your child to be able to recognise facial expressions for different feelings.

Is that a happy face?



Is that an angry face?

How do I show that I feel happy in my face? How do I show I feel angry in my face?

Is that person feeling happy? Is that person feeling sad?

There are lots of ways of practising facial expression recognition.



- ❑ Look at characters in books
- ❑ Look at actors on TV
- ❑ Emphasise your facial expression to your child
- ❑ Practise expressions in a mirror
- ❑ Play a pairs game with feeling words and facial expressions
- ❑ Use a camera to take photos of different facial expressions
- ❑ Use a playdough mat and make different facial expressions.



Understanding, labelling and expressing feelings



Can your child recognise why they feel their emotions? What triggered them? What is that feeling called? Do they feel sad because that has happened? What other word could they use for that emotion? Could angry be furious, annoyed, or livid?

Communicating feelings can be done in many ways.

Practise some scenarios with your child.

How do you feel when:

- ❑ It is snowing outside?
- ❑ There is a thunder storm?

What makes you feel:

- ❑ Angry?
- ❑ Sad?



Practise saying the sentence...

I feel _____ because_____

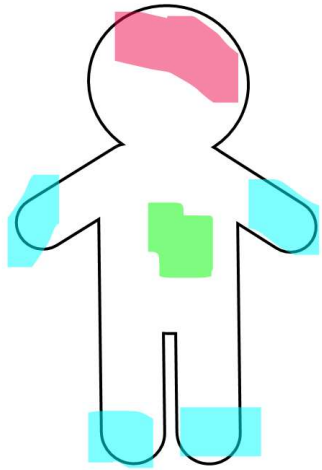
This will help your child to label that feeling and say why.

Try asking your child to express their feelings in different ways. It could be verbally, drawing, or even writing in a journal,

Physical feelings



Physical feelings are those sensations your child can get when they are feeling an emotion. It is helpful for your child to recognise those sensations in their bodies. They might complain of a tummy ache but that tummy ache might be linked to anxiety or a worry.



Talk to your child about the different sensations they can get that are linked to a an emotion. Examples can be:

- ❑ Hot and clammy
- ❑ Fast beathing heart
- ❑ Fast breathing
- ❑ Tense muscles
- ❑ Tummy ache
- ❑ Feeling sick
- ❑ Dizzy
- ❑ Trembling or shaking

Draw a body shape like this one and ask them to colour in the parts where they have physical feelings.