



# Regulating Emotions

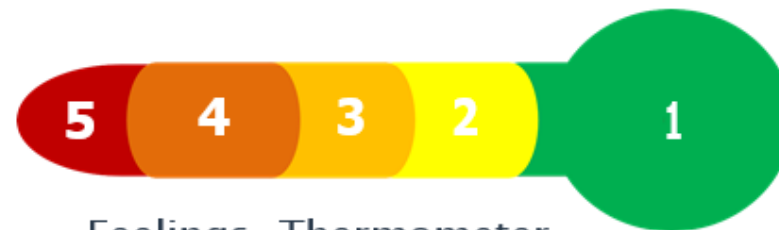


## Signs and Symptoms

- Crying, anxious, fearful
- Clingy to parent/caregiver
- Challenging, escalated or disengaged behaviours
- Difficulty in relationships
- Withdrawn
- Trouble concentrating, listening to instructions or feeling irritable/agitated
- Physical symptoms like feeling hot, needing to release energy
- Difficulties with sleep

## Strategies

- Normalise uncomfortable feelings such as anger and frustration. These are normal feelings and often an appropriate response to events in life. It is how we express them that can cause harm to ourselves and others.
- Encourage the child to recognise their own warning signs and offer alternative ways of releasing feelings such as sprinting up and down the pitch, taking a deep breath, squeezing a stress ball, having a moment on their own etc.
- Listen with empathy and avoid judgement. Separate the behaviour and the child and avoid labelling such as 'anger management problems.'



Feelings Thermometer

## Finger Counting

Ask your child to hold one of their hands out. Explain that as they breathe in for 5 seconds they will place each finger down until they make a fist.

As they breathe out for 5 seconds they will uncurl each finger. Repeat this and count out loud together.

