

If your child is feeling...	Then try...
Energized (or is having a tricky time settling down)	❖ Use pillows and couch cushions to build an obstacle course.
	❖ Watch Head to Toe by Eric Carle and act it out!
	❖ Give them recyclable materials to create their own game!
	❖ Blow up a balloon and play “keep it up” while alternating body parts!
Happy (or is reporting feeling calm and/or good)	❖ Ask them what made them feel this way! Talk about how it helped get them there.
	❖ Watch A Little Spot of Happiness and think of ways you can spread happiness, even at home!
	❖ Make a list of 10 things that make you feel happy!
Sad (or is reporting feeling down or hopeless)	❖ Ask them why they are sad. Listen. Try to help them reframe their thinking. For example, if they tell you they are sad about missing school, let them know they will be at school again, and that you love being able to spend time with them at home.
	❖ Watch A Little Spot of Sadness and brainstorm peaceful spots in your home!
	❖ Make a Kindness Snippet Jar ! Think of how you could use this jar.
Worried (or is reporting feeling concerned)	❖ Ask your child to name their worry and to tell you where they are feeling it in their body. Let them know that feelings are just visitors and we can tell them to go at any time. Visiting Feelings is a great book to help explain this!
	❖ Check these Alphabreaths visuals and practice 5 of them together. Try to make one of your own!
	❖ Create a worry box and put slips of paper and a pencil beside it. Invite your child to write their worries down whenever they have one and guide them to put the worries into the box. Let them know you will check it every so often. Pick a time to talk about the worries they are having.
Mad (or is reporting feeling angry or frustrated)	❖ Try these Brain Gym exercises!
	❖ Remember that when their emotions are high, yours need to be low. Model using a low voice and encourage them to do the same. Try to distract them and when they are calm , reflect on what made them mad.
	❖ Create a calming corner/space in your home. Include soft items for your child to utilize if needed. Invite them to help you create this space when they are calm. Practice using the space as if they were angry. Check out this website for more ideas on how to do this!