

EMOTIONS ARE INFORMATION



It's like a traffic light!



- Stop. **(Red light)**
- Observe – yourself and child. Anxious? Angry? Frustrated? **(Orange light)**
Breathe. Download calm. Let go of chaos.
- Start with a gentle inward smile and an inside voice that says: I can do this! **(Green light)**

You can also use:

- Stop
- Think
- Act.

Find and use whatever tools work best for you.

Display it on your fridge, the classroom wall, etc. Look, read and say: **I like that we can Stop. Think. Act!**

Or: **I am choosing to STOP now and OBSERVE how I am feeling right now. Hmm, I need to take at least 5 big deep belly breaths to let go of my annoyed feelings.**

You can also use a red, orange, and green coloured top, as your traffic light. Use them as your visual aid, an easy to use, check in. Point to which colour is most appropriate in your current emotional state.

It is wise to talk about and label the different emotions we can feel, while you and your child, are both relaxed.

Use the stories you read together to talk about, and name, the feelings of the characters.

Ask: "How do you think x is feeling? How do you know that? Have you ever felt that way? What did you do with those feelings? What did you do next? What could you do next time if that didn't give you the result you wanted?"

Shift: **This is a problem** to this is **the situation**. When we do this our mind starts looking for a solution.

When you are in a situation where you need to **guide from the side**, perhaps use - I see you are feeling angry, upset, disappointed, frustrated etc, what would help? Perhaps you would you like to blow bubbles, listen to music, punch the boxing bag, massage your legs, give your body a tight hug or a rub, jump on the trampoline, go to your time in safe space, walk etc. I find it helps to play music and dance it out!

This will help the child to self soothe, and perhaps only give 2 options, so as not to overwhelm your child. Reinforce good behaviour. A child naturally wants the love and approval of their parents, their caregivers, their teacher, so one of the easiest ways to encourage good behaviour is for children to know what behaviour is expected of them, and to know they will be recognised and encouraged for it. (I saw you pack away your toys. In our home/ class, we pack away our toys. We keep our room/ classroom tidy. You tidied! Good job! OR I noticed you neatly packed your toys away. That's being neat and **responsible**. Thank you.)

What we notice, we can improve on.
You have got this!