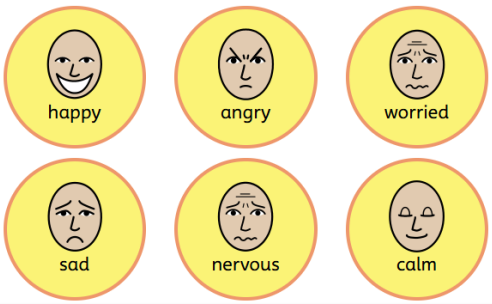
Supporting your child with emotions

Emotions are a normal part of everyday life. Throughout the day, we may sometimes feel all sorts of emotions, such as happiness, sadness, frustration or anger. We need to understand these feelings and how they affect us so that we can manage our own emotions.

Emotional regulation is the process of managing and responding to an emotional experience. It is also known as emotional self-regulation. This may involve processing feelings and expressing them by crying, listening to music, taking a nap, having a break or doing something active, such as going for a walk.

Children and young people, as well as adults, who struggle to make sense of and manage their emotions on their own can be helped by the support of another person or people, including pets. This is called co-regulation. It could involve having a cuddle, talking or kicking a ball with someone.



Facts

- Every day, we experience different emotions based on our experiences.
- Our thoughts and feelings about what happens throughout the day affect our emotions, both positive and negative.
- People respond differently to situations, so the same event might leave one person feeling happy and another feeling worried.
- Regulating our emotions is a skill, and some people find it easier than others.
- At times, everyone struggles to manage their emotions.
- Other people can help us to manage our emotions.
- We can learn and use different tools to help us manage our emotions.

Useful websites

https://essexfamilywellbeing.co.uk/services/emotional-wellbeing/

https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/talk-to-children-about-feelings/

https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/getting-support-from-mental-health-services/

https://www.childline.org.uk/toolbox/calm-zone/

https://parents.actionforchildren.org.uk/feelings-behaviour/talking-about-feelings/dealing-with-emotions/

https://www.bbc.co.uk/bitesize/articles/z4q4bdm

https://www.bbc.co.uk/teach/class-clips-video/articles/zm2st39

Video clips

Check out these videos about Managing Emotions:

- Coping Skills For Kids - Managing Feelings & Emotions For Elementary-Middle School | Self-Regulation - YouTube
  Strategies young people can use to manage emotions (KS2)

- Dealing with feelings - BBC Bitesize Foundation Personal Development and Mutual Understanding - YouTube
  Fun video to help understand emotions and give basic strategies (KS1)

- The Feelings Song | Emotions Song | Scratch Garden - YouTube
  Song for KS1 and KS2

Additional ideas

Other things to try:

I Am Cloud | Mindfulness Story for Kids | Acceptance of changing feelings. - YouTube
Video story explaining mindfulness

Cosmic Kids Yoga - YouTube
Free yoga sessions for children based on stories / songs

Bubble breathing
https://www.youtube.com/watch?v=rRuqxR5oXJM

Rainbow relaxation
https://www.youtube.com/watch?v=IIbBI-BT9c4