

1 **Helping Kids Navigate Their Emotions**2 **Our family:**

David & Sarah

Kayla (19) English/Writing

Karissa (17) art/business

Caiden (15) composing

Corin (12) cinematography

Christian (9) EQ/Minecraft

Carson (6) Dragons

3 **Helping Kids Navigate Their Emotions**

1. Physical Basics (preventative)

2. Routine & Margin

3. Regulate Yourself

4. Emotions 101 & Toolbox

5. Training & Correction

6.

4 **Check the Physical Basics:**

**Well Rested &
Full Tummies**

Many meltdowns come from being tired, hungry or stressed.

5 **SLEEP**6 **Hunger/Protein**

HANGRY: When blood sugar drops, we become cranky, tired, confused, etc.

Protein helps to regulate blood sugar levels. It also can keep us full longer.

7 **Nutrition/
Supplementation**

◦ Probiotics

◦ B Complex Vitamins

◦ Magnesium

8 **Deeper Physical Issues?**

ADD

OCD

Spine Alignment

9 **Sensory Issues**

10 **Outdoors & Movement**

Kids need to move in order to regulate...

Taking a walk can reset the brain

Lactate calms brain after exercise

Being outside: Attention restoration theory...Kaplan

11 **Changes/Trauma/Intense Schedules**

12 **Sleep**

Hunger/Protein

**Nutrition/
Supplementation**

Physical issues

Sensory issues

Outdoors & Movement

Changes/trauma

13

14

Schedule, Routine, Rhythm

Not a quick fix, but a slowing down.

Our job is to help them build emotional scaffolding.

This requires unhurried presence!

Knowing what to expect gives kids emotional security.

15 **Regulate Your Own Self!**

16 **Just make it stop!!**

17 **Regulate Your Own Self!**18 **EMOTIONS 101
& TOOLBOX**19 20 **Emotions are Good!**

- We often want them to go away because they are stressful or annoying.
- They shouldn't be ignored or stuffed. They must be managed.
- Don't just tell them to suck it up (message: it's not okay to have emotions)
- Don't tell them it's all ok when it's not (message: it's not ok to feel what I'm feeling, I feel too much)
- Help them build a scaffolding & language for emotions and pack a backpack of tools.
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21 **Name Emotions**22 **Look Deeper**

There is often an underlying cause for emotions

Anger Iceberg

23

**Helpful Books
Booth #1126**

24 **The young brain & emotions**

Prefrontal Cortex development

- impulse control
- emotional regulation
- thinking logically

Happens largely during adolescence and isn't complete until age 25!!! :o

◦

25 **Window
of
tolerance**26 **9-1-1 Crisis Management Toolkit**

Lay down or go to a quiet place

Breathing (blow bubbles)

Touch (touch calms)

Eye contact (calms the nervous system)

Distraction (turn on a story or music, start playing with something fun without them.)

Be patient (adrenaline clearing)

Change in atmosphere (got to another room, step outside, leave the store)

Read a book (don't explain, just start reading)

Eat something

Cold or warm drink

Weighted blanket

Ride it out (the bubbles are for YOU! 😊)

27 **Circle**
Breathing

28 **No Rush**

Why do we want to get the emotions calmed down?

29

Training and Correction

- Be present so you know the difference between testing and something else
- Correct with self control
- Decide, don't react
- Do NOT over spiritualize emotions. The Bible does not condemn emotions. It models the proper expression of emotion.
- Train before you discipline
- Attachment is attunement
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30

Training and Correction

- Correct with self control
 - Regulate yourself first! Many times, emotional kids absorb the emotions of others. Especially people they care about. Especially YOU! Please be fair and kind. Take a time out if you need one.

Decide, don't react

- Making the decision about how to handle something is the hardest part. Think ahead! Write it out. Talk it through with someone.

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**Attachment
is
Attunement**

Slow down and tune in

You don't have to fix the emotion or have a counseling degree.

Being present and patiently tuned in is the best thing you can do.

32 33 **Resources:**

- The Feelings activity book for Children by Diane Romo
- My Strong Mind IV: I am Pro-Active and Keep My Emotions in Check by Niels Van Hove
- The Way I Feel by Janan Cain
- Today I Feel Silly: And Other Moods That Make My Day by Jamie Lee Curtis
- Good Night Yoga: A Pose-by-Pose Bedtime Story by Mariam Gates
- Visiting Feelings by Lauren Rubenstein
- "Guess the Feeling" game (PBSKIDS.org/Daniel/games/guess-the-feeling)
- "PBS KIDS Talk about Feelings and Emotions" (YouTube.com/wwatch?v=TGgC8i5dQHk)
- Raising An Emotionally Intelligent Child: The Heart of Parenting by John Gottman, PhD

34 **WWW.FLOURISHINGFAITH.NET**35 **COME SEE ME!**

BOOKS, TOOLS, FREE STUFF

BOOTH #1126