

Processing Emotions

I feel...	I need to...	I can...
Impatient	Find something to do	Do jumping jacks, find things that are my favourite colour, sing a song.
Excited	Express my joy	Smile, do a happy dance, shout whoo-hoo.
Angry	Respond to my fight impulse	Meet my need to fight in safe ways by doing push-ups, punching a pillow, throwing bean bags, stomping my feet.
Sad	Process my feelings in a safe place with safe people	Find someone to comfort me, snuggle with something that gives me comfort, take deep breaths and have a good cry.
Frustrated	Reduce the stress	Take a break, take 3 slow breaths, stretch my body, blow some bubbles, squeeze something.
Overwhelmed	Reduce stimulation	Go to a quieter/less busy area, I can go into nature, I can put on my headphones, hoody or sunglasses, if that helps.
Scared	Feel safe	Find a safe adult or friend, hold something special that makes you feel safe, tell myself “it’s ok to be afraid but I am safe.”

Identify and Meet Their Need

Activity	Jumping, throwing, climbing, etc.
Sensory	Sensory basket with various sensory items.
Comfort	Comfort items, favourite things
Hide	Hiding spot like a tent, fort, cozy corner or playhouse

Nourish	Offer food or drink
Create	Paint, drawing, clay/playdough, blocks, beads, etc.
Traditional	Breathing and relaxation techniques, vagus nerve exercises.

