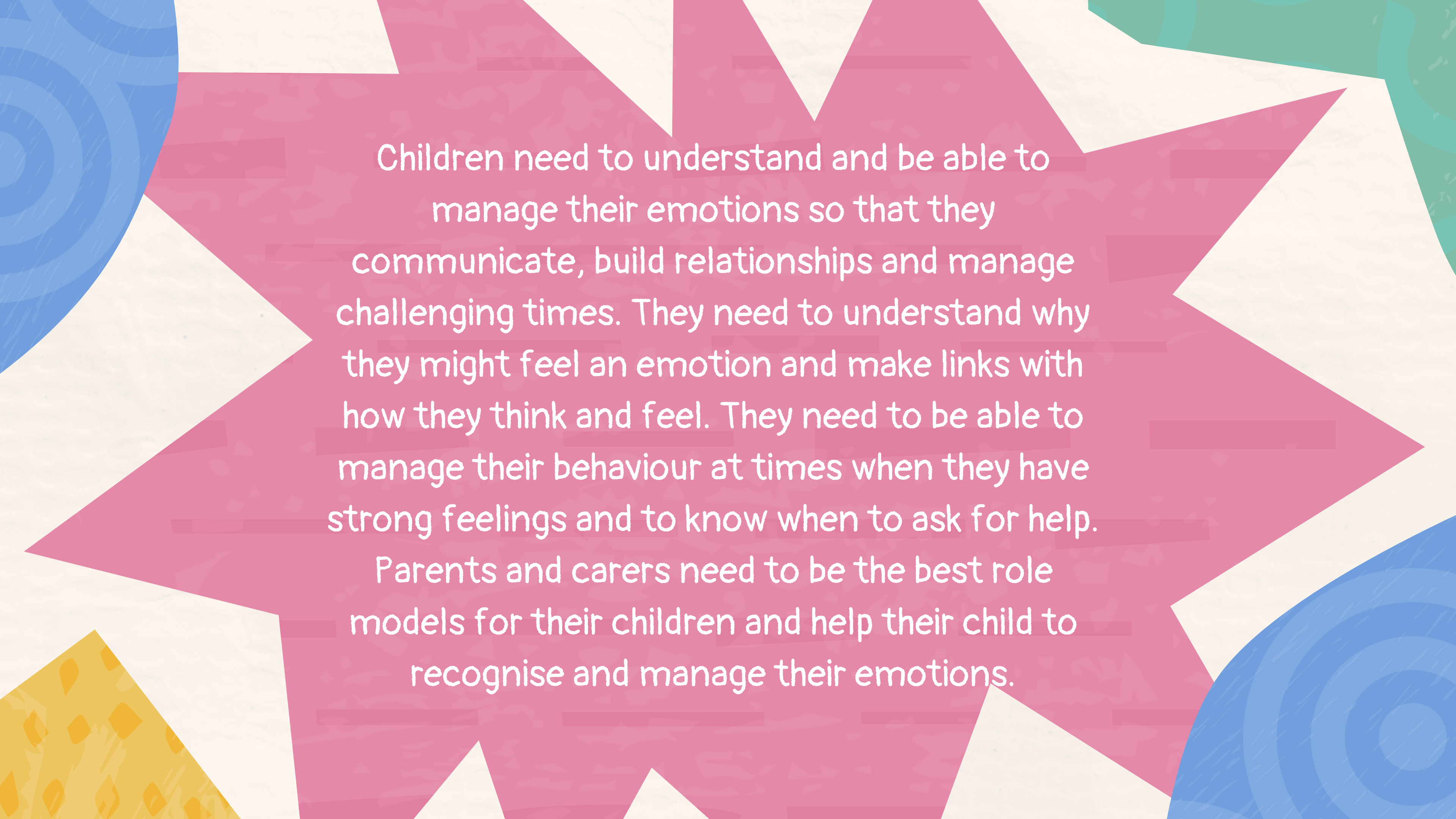




# Managing our emotions

in the EARLY YEARS





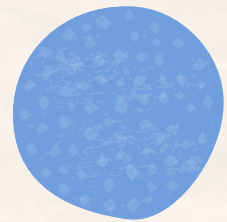
Children need to understand and be able to manage their emotions so that they communicate, build relationships and manage challenging times. They need to understand why they might feel an emotion and make links with how they think and feel. They need to be able to manage their behaviour at times when they have strong feelings and to know when to ask for help.

Parents and carers need to be the best role models for their children and help their child to recognise and manage their emotions.

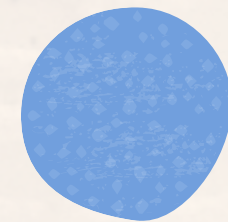
What do we mean  
by emotions and  
emotional health?



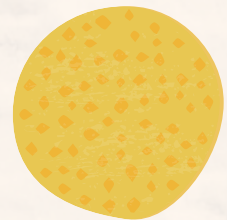
# What affects your child's emotions?



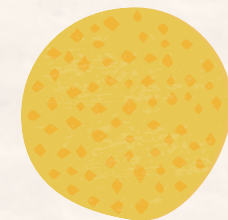
Life changes



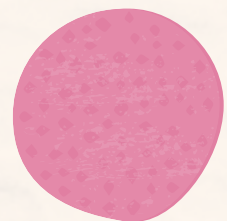
Wanting to spend time with you



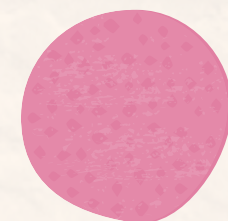
Your child is having a difficult time



Overexcitement



You're having a difficult time



Challenges



# How can we help

01

Recognise and name the feelings

02

Strategies for managing

03

Take the time to understand

# Recognise and Name Emotions

## Teach the Language

Games  
Labelling  
Films  
Small World Play

## Stories

Social Stories  
Search 'Books for  
Topics'

## Role model and normalise

How do you feel in situations? Explain how you deal with it.

# Strategies for Managing 5 Steps

## Down regulating

## Upregulating

### 5 Steps to Managing Big Emotions



1. Remind myself that it is never okay to hurt others.
2. Take 3 deep breaths or count slowly to 10.
3. Use my words to say how I feel and what I wish would happen.
4. Ask for help to solve the problem.
5. Take time to calm down.

bounce a ball as fast as you can  
run hands under cold water  
run on the spot  
create a secret handshake  
dance  
i spy  
watch a funny video  
simon says

Grounding e.g. count everything that is blue  
, count to 10, notice 4 things  
you can see, 3 you can hear, 2 you can touch  
1 you can smell

Breathing strategies - puffer fish,  
handbreathing, square breathing  
walk, colour, draw, wordsearch, cross word  
muscle relaxation - start at the top

# Take Time to Listen and Chat

## Be curious

Where does the emotion come from? What was the behaviour communicating?

Explore what has happened and their thoughts and feelings

Try to keep an open mind

I wonder?

Can you help me understand?

I guess you might have felt

rather than ... Why did you do that? What were you thinking?

## Acceptance

Don't accept harmful behaviour but accept thoughts and feeling

Try not to fix everything

Discuss their emotions in the moment





# SELF CARE

Take care of your emotional health so you have the capacity to deal with the tricky moments when they arise.



Thank you!

Any questions?

