

# HOW TO HELP *little kids* **BIG** MANAGE THEIR **EMOTIONS**

- 1. Acknowledge & validate their emotions:** reassure them that what they're feeling is normal
- 2. Stay calm & empathetic**
- 3. Practice active listening:** be fully engaged, ask questions and paraphrase what they're saying
- 4. Listen without judgement**
- 5. Make a list of coping strategies:** jumping jacks, cuddling, deep breaths, listening to music, etc.
- 6. Be honest about your feelings & encourage them to express their own**
- 7. Use the words they can't:** help them understand their emotions by giving them a name
- 8. Set a good example:** apologize when you slip up
- 9. Identify the causes** (after the storm has passed)