

Receive and name the feeling

What are they 'telling' me?

- Recognise the child's behaviour as communication
- Look and listen for physical and verbal signs of emotions

What can I do to help/co-regulate?

- Name the feeling

"I can see you're really worried, you're frowning and biting your fingers"

"I think you might be feeling angry, you look hot and you're clenching your fists."



Acknowledge that it is real

What are they ‘telling’ me?

- Try and see things from the child’s point of view
- “Oh dear”
- “Poor you”
- “I feel sad when I miss my friend too”

What can I do to help/co-regulate?

- Offer a cuddle
- Stroke, rock them gently
- Wipe their tears
- Stay close by



When children become overwhelmed, it is not necessary to ‘fix’ the distress. Educators can sit with the child and just listen and (often with non-verbal sounds) provide empathy, love and support.

Take some time

- Give the child a safe space to express their feelings.
- Remember it's okay to not be okay.
- Emotions are natural and normal.
- We can't always choose the way we feel.
- Spend some time together....don't rush on.
- Help children to know that this will pass.



Model strategies

- Breathing exercises – balloon breath, finger breathing
- Squeezing a toy
- Spending time in a quiet cosy corner
- Jumping or other rhythmical play
- Exploring emotions through books, small world or role play

Take a Deep Breath

Smell the flower



Blow the pinwheel

