# 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."



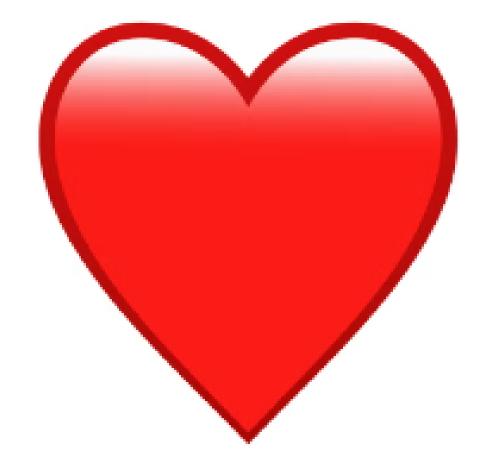
# Acknowledge that it is real

#### 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

