



The Secret of a Good Mood

Practice a few simple ways to feel better after a hard moment.

Helps Your Child Grow



Emotional Functioning

Practicing several calming strategies in everyday life helps your child gradually learn that there are different things they can try when strong feelings arise.



Imitation and Symbolic Representation and Play

Drawing a facial expression or an event gives your child practice using simple symbols to represent a feeling.

Steps

- Learning to manage strong feelings takes time and repeated practice in everyday life.
- When your child is very upset, comfort them first. Try one of these ideas after they are calm enough to notice what you say.
- Sit in a calm corner: Prepare a cozy, familiar spot with a soft blanket or favorite toy. Sit there together and let your child hold the toy or blanket while they settle.
- Breathe together: Invite your child to copy you. Breathe in slowly through the nose as if smelling a flower, then breathe out gently as if blowing out a candle.
- Draw a feelings journal: In a familiar notebook, draw the facial expression from the moment, such as a downturned mouth. Beside it, draw what happened - for example, an ice-cream cone on the ground - and add the words, "My ice cream fell. I feel sad."

Tips

- If your child reaches for a familiar toy or blanket, stay nearby quietly while they settle. When they are calmer, put the experience into simple words: "Holding your friend helped you feel a little better." This helps your child notice a strategy they can try again.

Observations

- ☐ Suggests or tries a way to feel better when upset
- ☐ Identifies a downturned mouth as a sign of sadness