



EMOTIONS



For Toddlers (2-4 years old): "Recognising Emotions"

Emotion Colour Wheel: Create a fun "emotion wheel" with different colours representing feelings (e.g., blue for sad, yellow for happy). Ask your toddler to point to how they're feeling and talk about it together.



For Young Kids (5-8 years old): "Express Yourself!"

Calming Breathing: Teach kids to take deep breaths when they feel upset.

One fun way to practice is with the "flower breath" technique: pretend to smell a flower deeply (inhale) and blow out birthday candles (exhale). This can help calm the body and mind

My Emotional Superpower: Encourage your child to think of their emotions as superpowers. When they're feeling angry, for example, explain that anger can help them stand up for themselves—but it's also important to manage it so it doesn't hurt others.



For Tweens (9-12 years old): "Building Emotional Awareness"

Compliment Circle: Build self-esteem by practicing compliments and kind words with friends and family. This can help kids recognize positive emotions and start to see their own strengths.

For Teens (13-18 years old): "Embracing Emotions"

Stress-Relief Toolkit: Teens can build their own "stress-relief toolkit" to help manage difficult emotions. This can include their favorite calming music, a stress ball, journal, or a list of deep breathing exercises. When they feel anxious or upset, they can turn to their toolkit.

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