

EMOTIONS

Nurturing Minds: A Fun Emotional Health Newsletter for Kids and Teens!

Our emotions are super important, and just like we take care of our bodies, we also need to take care of our hearts and minds! This month, we're diving into emotional health with activities, tips, and ideas for kids and teens of all ages. From managing big feelings to learning how to stay calm, there's something for everyone.

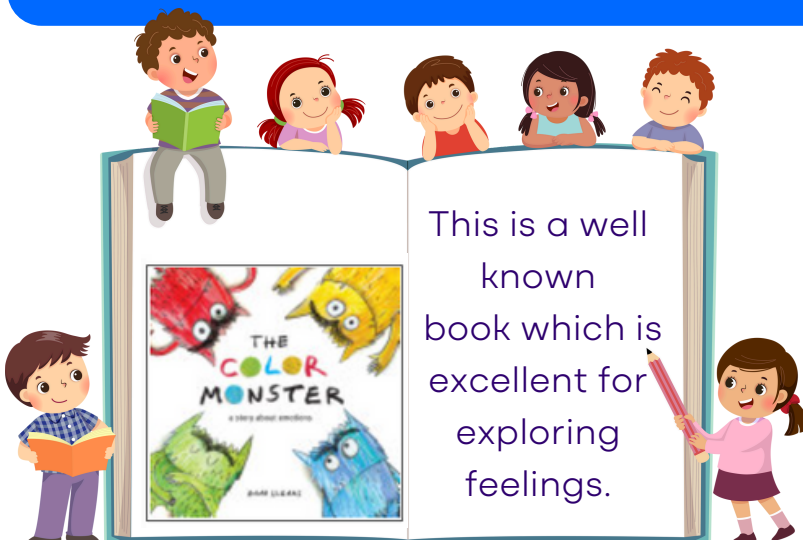
Quick Tips for All Ages:

- **Name the Feeling:** Saying "I feel sad" or "I feel mad" can help kids and teens identify emotions and work through them.
- **Emotions Are OK:** Remind your child that all emotions are valid—it's okay to feel happy, sad, angry, or scared. What's important is knowing how to handle them.
- **Breathe and Relax:** Deep breathing or mindfulness activities can help everyone calm down when emotions get too big.

For Babies (0-2 years old): "Feeling Safe and Loved"

Cuddle Time: Babies thrive on feeling safe and loved. Hold, cuddle, and talk to your little one often. Your comforting presence helps them build a sense of security and emotional well-being.

Emotion Faces Game: Make silly faces with your baby—happy, sad, surprised! You can model expressions, helping them start to recognise and understand feelings.



We offer a great FREE course called Five to Thrive where you learn about the five key building blocks of Respond, Engage, Relax, Play and Talk which are the foundation of a healthy brain.