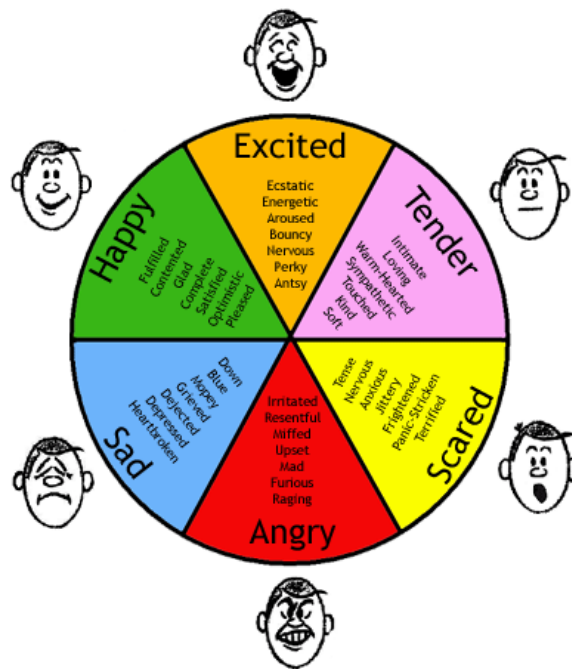


Name It to Tame It

Sometimes emotions can seem so BIG that you feel out of control. You may have the urge to run, hit, yell, throw things, break things, or hurt yourself. Really, emotions are just INFORMATION – tools that can help you figure out what you need or what is important to you. Finding ways to calm down enough to listen to your emotions is important. One way to calm down is to NAME your feelings – name it, to tame it.

1. **Notice you are experiencing a big feeling.** Check in with your body for clues. Maybe your heart is racing or you have butterflies in your stomach. Other people can help you with clues, too – they can point out that you are being a little rude or are staying in your room a lot more than normal.
2. **Pause to think about what you may be feeling.** Time to be a feelings detective! You can use the feeling wheel below or cool phone apps like *Emotionary* to find the right word to describe what you are feeling.
3. **Share your feelings with someone around you.** It is helpful to name a feeling to yourself, but it is even better to share it with someone else that understands and can sit with you as you feel your feelings.



Adults: Listen without judgment or advice when your children express emotions. Expressing understanding and empathy for emotions is called “emotion coaching” (vs. “emotion dismissing”) and helps children develop greater emotional intelligence. Although all emotions are acceptable, all behaviors are not. You can accept an emotion without condoning a hurtful behavior. For example, you could say, “I can tell you are really sad and angry that you cannot see your friends, but yelling at me is not okay. I wonder what else you could do that would help you feel better.”