



iNTFamily

SAFE EMOTIONS

All feelings are valid, but not all expressions of emotion are safe. It is important to teach kids the difference. Here are some ideas for ways to express emotions safely:

For anger

Play with play-dough. Pounding play-dough is a great way to release anger without hurting yourself or anyone else.

For tension and tiredness

Try yoga. Deep breathing and stretching are great ways to relax and calm the body while providing it with healthy energy.

For sadness

Write or draw. The time it takes to write or draw an emotion allows the child time to process what he or she is feeling. Journals and drawings can be kept private or shared as the child sees fit.