



SAD

depressed, disappointed, hopeless, miserable, lonely, hurt

Mindfulness Tip:

As a parent, it feels overwhelming when our child experiences sadness, so our automatic reaction may be to try to fix it quickly, however it's important to remember that emotions can only pass when they are honored and have time and space to be felt.

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HAPPY

joyful, cheerful, optimistic, content, proud, loved

Mindfulness Tip:

We can train our brains to experience more happiness and joy when we intentionally and consistently rest our awareness on our positive emotions.

Example:

"When I'm happy I feel warm in my head and belly, where in your body do you feel your happiness"?

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SCARED

fearful, afraid, frightened, terrified, panicked

Mindfulness Tip:

Fear underlies many of your child's thoughts and behaviors (even when it may not appear so) and is also often masked with anger.

FRUSTRATED

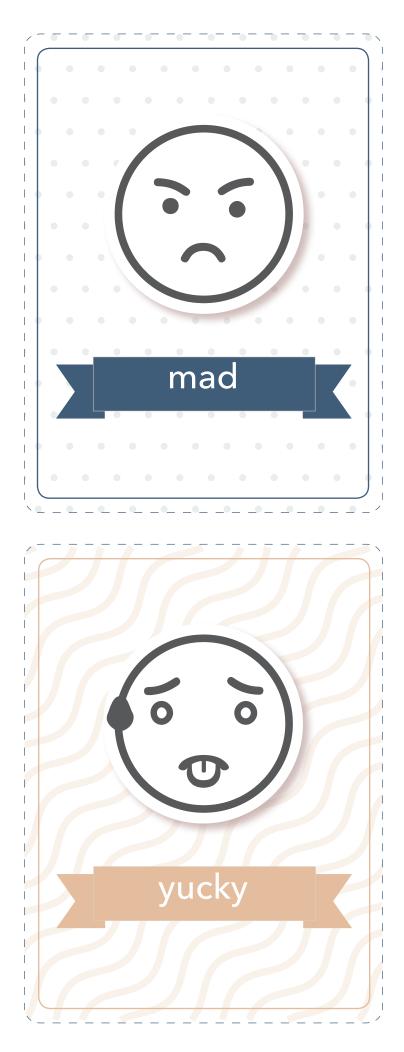
discouraged, aggravated, annoyed, angry, irritated

Mindfulness Tip:

Taking a slow deep breath is an extremely effective way to cope with frustration. Encourage your child to breathe slowly in through their nose, filling up their belly like a balloon, and out through their mouth to deflate the balloon.

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TIRED

exhausted, drained, bored, weary

Mindfulness Tip:

Sleep is a major factor in keeping your child's front/thinking brain online (hello meltdowns!), so when deprived, they will require extra patience and guidance from their caregivers.

MAD

hurt, angry, furious, raging, frustrating

Mindfulness Tip:

Collaborating on a calm down plan while they are calm and practicing regularly will increase your child's follow-through on coping strategies when mad.

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EMBARRASSED

awkward, self-conscious, guilty, ashamed, regretful

Mindfulness Tip:

All children will naturally feel a sense of shame when they encounter a negative interaction, and therefore it's not necessary for parents to respond with additional shame/criticism- and much more beneficial to respond with a firm limit in a *respectful* loving way.

YUCKY

gross, overwhelming, disgusting, icky, restless

Mindfulness Tip:

If a child is feeling yucky, this provides an opportunity to further develop bodily awareness by exploring and taking note of sensations in the body.

Example:

"Where in your body does it feel yucky?" "Where in your body feels good right now?"

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CONFUSED

overwhelmed, baffled, disoriented, puzzled

Mindfulness Tip:

Often when your child is unable to follow through with a directive, they are confused or overwhelmed. Empower them for the future by presenting the emotions visuals and prompting them to ask for help with their words when they need it.

EXCITED

hopeful, confident, enthusiastic, thrilled, exuberant

Mindfulness Tip:

If your child is struggling to regulate their behavior when excited they can be prompted to try one of the following:

"Can you show me how to do that in super slow motion?"

"I wonder if you'd like to make me a picture about how excited you are?"

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SURPRISED

shocked, panicked, stunned, startled

Mindfulness Tip:

Modeling empathy and validation of emotions is a powerful tool when things don't go the way your child had anticipated.

WORRIED

insecure, helpless, anxious, uncertain, stressed

Mindfulness Tip:

Help your child reduce anxiety by prompting them to verbalize what they are worried about, and then coming up with a more positive, truthful and empowering thought to repeat 5 times together.

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