



happy



sad



frustrated



scared

## 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.

[parentswithconfidence.com](http://parentswithconfidence.com)

## 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"?

[parentswithconfidence.com](http://parentswithconfidence.com)

## 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.

[parentswithconfidence.com](http://parentswithconfidence.com)

## 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.

[parentswithconfidence.com](http://parentswithconfidence.com)



mad



tired



yucky



embarrassed

## 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.

parentswithconfidence.com

## 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.

parentswithconfidence.com

## 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.

parentswithconfidence.com

## 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?"

parentswithconfidence.com



excited



confused



worried



surprised

## 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.

[parentswithconfidence.com](http://parentswithconfidence.com)

## 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?”

[parentswithconfidence.com](http://parentswithconfidence.com)

## 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.

[parentswithconfidence.com](http://parentswithconfidence.com)

## 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.

[parentswithconfidence.com](http://parentswithconfidence.com)