



# When I feel upset, worried or disappointed I can



Look at my glitter jar



# 4

steps to help

# KIDS COPE WITH BIG FEELINGS about failure

Big Life Journal

## 1 EXPLAIN WHY FEELINGS ARE USEFUL

- Explain that feelings, are part of our bodies. Just like our muscles, brain and heart, our **emotions work to keep us healthy and safe**.
- Tell that strong and powerful emotions, like anger, **trigger a warning system** in our bodies. Our brain thinks we are in a dangerous situation and our body reacts in lots of different ways--a fast heartbeat, a red face, or maybe a headache.



## 2 CREATE AN ACTION PLAN

- Tell kids that when they notice their rapid breathing, tense muscles, or upset stomach, it's a **cue to make choices** that take back control.
- When **kids are calm** (long car rides or bedtime work well) talk with them about the types of failures that trigger their strongest feelings: a poor grade on a spelling test, losing a soccer game at recess, or not understanding that homework question.



## 3 VALIDATE FEELINGS

- In their most difficult moments, kids need to know that **all feelings**--including ones about failing--are okay to have.
- **Ask questions** to better understand their frustrations, and communicate that you hear and accept exactly how they feel.
- Then ask, "What should we do to tackle this?"



## 4 CO-REGULATE

- Each child's capacity for managing feelings is different (and age-dependent). The prefrontal cortex, the area regulating emotions, **isn't even fully developed until early adulthood**.
- By responding to our child's frustrations with **warmth and support**, rather than reacting with our own high emotion, we can provide that experience.

