

how to deal with children's intense emotions

mindfulness approach

[always start with how we manage our intense emotions]

Emotion are complex experiences of consciousness, unconsciousness, bodily sensation, and behaviour that reflect the personal significance of an event.

When an intense emotion is taking place, the experiences are overwhelmed, the thinking brain flips to the emotional brain and the energy within arises exponentially.

TRIGGERS (EVENTS) • Pre • Set • Alig • Par gro • Equ tech

PREVENTION

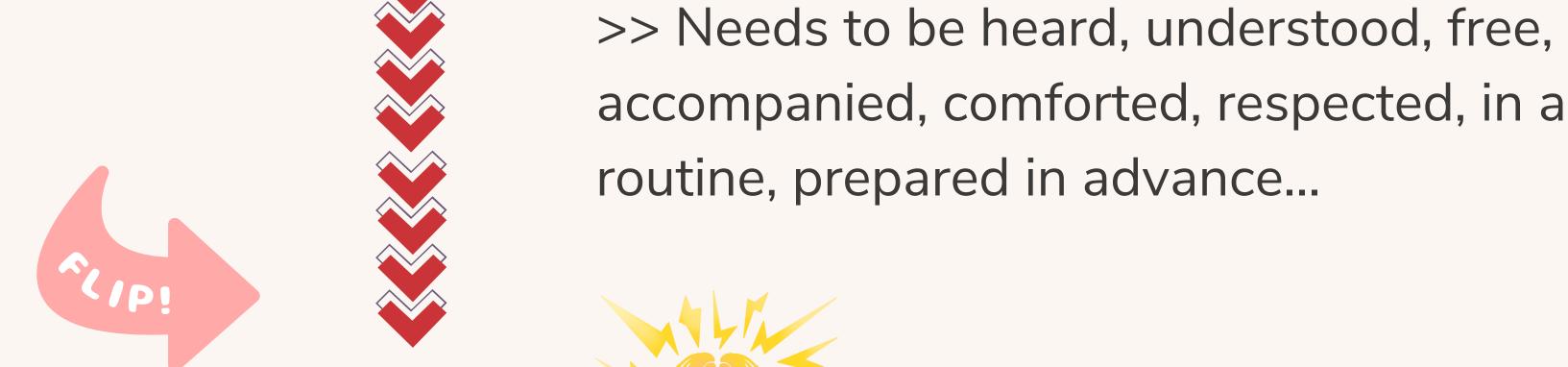
- Know the triggers (potentially)
- Prepare the mind (heads up)
- Set & reinforce routines
- Align on expectations
- Parents are emotionally grounded
- Equip self and children tools & techniques to calm down

Do's

- Stay calm, use key words to slow down, i.e. 'breath', 'slow down', 'tiger is coming'...
- Be focused, what is my role in this? is it about the children or about the parents?
- Name and validate the feelings
- Sense the bodily sensations & energy flow
- Observe the reactions, facial expressions
- Ask questions to understand more, listen patiently
 & reiterate (hold them in the thinking brain longer)
- If too much for parent, just do nothing and accompany (try not to walk away without excuse)
- Take care of ourselves, Parents emotionally

Don'ts

- Assume what just happened, stay open
- Put the words in children's mouth, ask to clarify
- Dismiss the feeling, i.e. 'don't feel this way, it is not a big deal...', 'there is nothing sad about it..'
- Give in or propose solutions right away
- Be eager to correct the situation (mistakes)
- Say unnecessary statements to make the children feel worse, i.e. 'stop crying, otherwise you will be punished', 'why are you crying...'
- Take it personally, in case they don't listen to you or say something hurtful, they don't really mean it as they are on their emotional brain



FEELING EMOTIONS / ENERGY)

>> Brain goes into a fight-fleefreeze mode (emotional brain)

>> Bodily sensation arises and body builds up to react

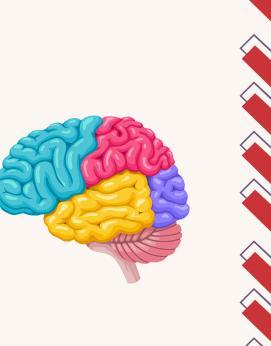


WAYS TO EXPRESS

(BELIEFS)

UNMET NEEDS

- >> To let out the energy asap
- >> Find the best way(s) for oneself
- >> Expansion of alternative options



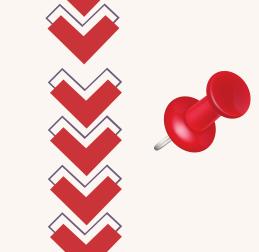
SELF-SOOTHING & CONNECTION

>> Shift from emotional brain back to thinking brain



PROBLEM SOLVING

>> enter problem solving mode, consider various options and consequences



DECIDING

>> Make decision with a thinking brain

ACTIONS
(REACTION / RESPONSE)

FUNDAMENTAL BELIEFS ABOUT EMOTIONS that may help in managing emotions:

- (1) It is normal and absolutely ok to have (intense) emotions it helps us to express our inner world better (consciously and unconsciously).
- (2) Emotions are to befriended with, not to be hidden or suppressed, as eventually they will burst out or harm internally (in form of sickness).
- (3) When comes to children with intense emotions, try not to label them, instead teach them the tools to express themselves constructively.