

# All Feelings Are For Feeling

## WE ARE FEELING CREATURES THAT THINK!

Kids sometimes don't understand why they are feeling what they are feeling - just that they feel it with their whole body!

### TEAM



Practice TEAM with children's feelings. If we don't we risk creating distrust and confusion about emotions and feelings in general.



### How do we do that?

Name, Acknowledge, and Explain children's emotions and actions, as well as our own.  
We work to give up control when it's safe and appropriate.

Children need to be able to experience big emotions and feel safe. Do not send them to the safe space to CALM DOWN on their own.

Try talking with them about the safe space before they need it!



## CONFIRMATION BIAS

Our brain seeks out information that **confirms** what we already believe and what we want to justify.



## remember...



...to check your biases at the door! These will hinder your ability to observe, gather objective information and reflect.

*For some children, asking them to calm down and talk before they're ready may cause their emotions to become bigger and their actions unsafe!*




## Need more information? Connect with us!

Send us your questions and comments to [kidsthesedayspod@gmail.com](mailto:kidsthesedayspod@gmail.com)

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