

## Emotional Conversation Activity

*\*Talk through or write out sentences for emotional identification\**

I feel \_\_\_\_\_ when ...

Mad    sad    confused    embarrassed    depressed    nervous    jealous    lonely

Disappointed    guilty    proud    happy    excited    overwhelmed

Etc. (add more that apply)

*\*Connect feelings with strategies to manage them\**

When I feel \_\_\_\_\_, I can \_\_\_\_\_ to make myself happy/calm again.

Insert calming strategies or problem solving ideas that work for your kid/family!

- Ask for help
- Request a break
- Take deep breathes
- Heavy work with big movements/exercises
- Hugs
- Weighted blanket or wraps in blanket
- Fidgets, stuffed animals
- Hit something appropriate (pillow, etc.)
- Oral strategies – thick straws, silly straw, gums, chewy tubes
- Listen to music

- THIS IS NOT ONE SIZE FITS ALL – IF IT IS WORKS, IT CAN BE APPROPRIATE!!