

# Kind Words for Little Ones.

Use these kind, validating phrases:

- ♥ I hear you.
- ♥ I am listening.
- ♥ I'm here to help.
- ♥ Tell me more.
- ♥ It's okay to feel this way.
- ♥ You can ask for what you need.
- ♥ I understand, sometimes I feel that way too.
- ♥ Thank you for telling me how you feel.
- ♥ You matter so much to me.
- ♥ I like you just the way you are.
- ♥ I believe in you.
- ♥ You are so strong/brave/kind/. smart!
- ♥ I love you no matter what.
- ♥ We will figure this out as a team.
- ♥ I've got you, always. ♥





# Positive Statements for Children

Build up kids with positive language.

- ♥ There's no one else like you.
- ♥ I am proud of you.
- ♥ Your feelings matter.
- ♥ I love spending time with you.
- ♥ I believe you can do it!
- ♥ I trust you to make good choices.
- ♥ I saw you trying your best.
- ♥ You make my heart feel full.
- ♥ I am grateful to know you.

You are so loved. ♥





# Phrases to Support Emotional Regulation

Say these supportive phrases to guide calm.



## Sadness

It's okay to feel sad.  
I'm here with you.  
Would a hug help?



## Anger

It's safe to be mad.  
Let's take deep breaths...  
When you're ready, let's talk.



## Fear

I am here, You are safe.  
Let's take it slow.  
I will help if you need it.



## Overwhelmed

This is a lot to handle.  
Let's take a break.  
Shall I do one thing with you?



## Frustrated

I see that you tried hard.  
Mistakes are okay to make.  
Let's figure this out together.



## Tired

Let's get cozy together.  
Would you like to rest?  
I'm here to care for you.

You are so loved.





# What I Need When I'm Upset



Help me regulate by choosing.



☐ Hug you



☐ Shake it out



☐ Ask for help



☐ Take deep breaths



☐ Listen to music



☐ Quiet time



☐ Use fidget toy



☐ Read a book



☐ Drink water



☐ Draw or color



☐ Move spots



☐ Take a break

Can we try these?

☐ Yes

☐ No





# Emotion Check-In Chart

How do you feel today?



☐ Happy  
because...  
\_\_\_\_\_



☐ Calm  
because...  
\_\_\_\_\_



☐ Sad  
because...  
\_\_\_\_\_



☐ Angry  
because...  
\_\_\_\_\_



☐ Scared  
because...  
\_\_\_\_\_



☐ Silly  
because...  
\_\_\_\_\_



☐ Shy  
because...  
\_\_\_\_\_



☐ Confused  
because...  
\_\_\_\_\_

♥ All your feelings are okay! ♥

Remember, you can share your feelings anytime!

I can tell... \_\_\_\_\_

I can do... \_\_\_\_\_





# ★ Trace Your Conscious Breath ★

Breathe in and out slowly. Follow the arrows as you breathe. Fill your body with calm.



I am here now. ★



I am relaxed. I am safe.

