

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



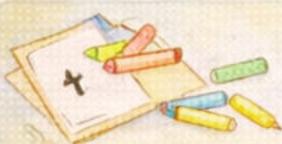
Use fidget toy



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.

