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EMOTIONAL FIRST AID KIT



Guide for self-regulation for kids

HOW TO USE THIS GUIDE

Dear Parents! You have in your hands a guide for developing your child's emotional intelligence.

It is based on the science of emotions, nervous system regulation and psychological stability.

The ability to self-regulate and manage one's emotions develops as a result of repeated experiences of co-regulation between the child and her caregiver. Your child needs to develop the ability to master this skill and that is why your active participation is so important, so that one day they will not need you. Choose a time when your child is most open to talking to you, get comfortable and invite them to explore the world of emotions. Read aloud all the tasks and ask your child to follow the directions. If he/she needs your help, feel free to offer it. You can do all the tasks for yourself, too, giving your child an example.

Psychological resilience is formed as a result of developing the ability to experience the full range of emotions without fear of their intensity, without trying to suppress them, distract or ignore them. The most important part of processing our emotions is our ability to feel them in our body. That's why in this guide you'll come across questions about what part of the body an emotion is felt in, and how exactly that manifests itself. If you yourself are new to the world of emotional intelligence, these questions will also be useful for you.

Anger, rage, sadness or fear—all of these emotions can be safely lived through allowing our body to feel them, knowing it is safe to do so. When we suppress feelings, our nervous system begins to misinterpret environmental signals, which triggers a state of chronic stress in our bodies. When we help ourselves and our child to freely observe discomfort in the body caused by an emotion (tension in the shoulders, a lump in the throat, a tightness in the chest area, a feeling of butterflies in the stomach), we develop our ability to tolerate that discomfort. This teaches our brain that we are safe even when we are experiencing unpleasant emotions. Body sensing gradually builds a sense of safety at the nervous system level, which helps both adults and children remain resilient even when we are faced with intense emotions or emotional pain. Psychological resilience, the ability to be aware of our emotions and manage our behavior are all fruits of developing emotional intelligence. The guide you are holding in your hands can become a valuable tool in this process.

You can use it with children ages 4 and up to teach them to become aware of their emotions, track them in the body, understand their cause, and apply healthy emotion management skills.

All children are different, and the pace of their development is also different. Use this guide based on the child and their individual development stage. You can skip questions that your child is not yet ready to answer and gradually add more questions as he/she becomes ready. Even if your child is not talking, you can ask him to point his finger at a picture that matches his emotional state, and this will be an important tool for self-understanding and self-expression.

Remember that at the peak of intense emotions (e.g. during a tantrum) we do not have access to the thinking part of the brain. So at such times, the best thing we can do is to help the child calm down through our own calmness and support. This guide can be used after emotionally charged situations, or when a child is experiencing medium to low intensity emotions. Gradually, the skills learned through this work can be used by the child to self-regulate. It is important to practice these techniques regularly, especially when the child is calm and open to learning new things.

Introduce it as a game and an exciting exploration! Let the time spent on these exercises be pleasant moments of connection, contact and closeness where you can learn more about your child's inner world!

Also, remember that managing emotions does not mean suppressing them. We do not have a goal to stop a child's tears, sadness, anger or anxiety. Our goal is to increase awareness of these emotions, to help our child experience the full range of emotions without losing control, and to teach them how to express them in a healthy way.

Enjoy your journey into the world of emotions!

Important: If your child's condition concerns you, please contact your family doctor or psychologist.

This guide cannot replace therapy or medical support in cases where the child's physical or mental state is unstable.

Sincerely, parent coach and consultant,
Anastasia Goldak

JOY, HAPPINESS



SURPRISE, INTEREST



SADNESS,
GRIEF



FEAR, ALARM



WHAT
ARE YOU
FEELING?



TRUST, CALMNESS,
COMFORT



ANGER, FRUSTRATION



DISGUST



IN YOUR STOMACH



IN YOUR HEAD



IN YOUR CHEST

WHERE
IN YOUR BODY
DOES THIS
EMOTION
RESIDE?



MAYBE, SOMEWHERE ELSE—IN YOUR
THROAT, IN YOUR HANDS, OR IN
YOUR LEGS? SHOW IT ON YOUR BODY
OR IN A PICTURE

WHAT WORDS CAN BE USED
TO DESCRIBE THESE SENSATIONS IN THE BODY?

tightens | hurts | clenches | trembles | butterflies in the stomach | goes numb
| goes cold | gets sweaty | dizzy | tingles | goosebumps | something else



HOW STRONG IS THIS FEELING?

HOW MANY POINTS BETWEEN 1 AND 10 WOULD YOU GIVE IT?

IF YOU HAD SUCH AN EMOTIONMETER, WHERE WOULD ITS ARROW BE?

Joy, happiness

Bursting with joy
Feeling on top of the world
On cloud nine
Tears of joy
Heartwarming moment
Over the moon
Like a kid in a candy store
Grinning from ear to ear
Beaming with happiness



Surprise, interest

My jaw dropped!
What a pleasant surprise!
Caught me off guard
Knocked me for a loop!
That's a real eye-opener!
I can't believe my eyes!
Caught my attention
Jumped out at me
Knock my socks off!
Blow my mind!

Fear, alarm

Scared stiff
Jump out of one's skin
Shaking like a leaf
Heart pounding out of my chest
Frozen with fear
Feeling weak in the knees
Eyes wide with fear
Paralyzed by fear
Trembling with fright
Nerves on edge
Heart in my throat
Nervous wreck



Frustration, anger, rage

Seeing red
Blow off steam
At the end of my rope
Fed up
At my wit's end
Throw in the towel
Beating my head against the wall
Driving me crazy
Ready to scream
Fly off the handle
In a rage
Fuming mad
Lose one's temper
Out of control with anger
Burning with anger
Anger boiling over
Ready to explode

Pick an expression
that best describes
your emotion and say it
out loud. For example,
"I'm so over the moon",
or "I'm feeling weak
in the knees"



Disgust

Makes my stomach turn
Gross me out
Makes my skin crawl
Makes me want to gag

Makes me sick to my
stomach
Sickening
I can't even

Like nails on a chalkboard
Makes me want to throw up
Makes me want to wash my
hands of it

Sadness, grief, sorrow

Bitterly disappointed
A heavy heart
Feeling blue
Down in the dumps
Heartbroken
Torn up inside
A heavy heart
On the verge of tears
Heartache



Calm, comfort

At peace
Cool, calm, and collected
Comforted and at ease
Like a warm blanket
on a cold day
Like a soothing balm
At ease with the world
Like a gentle breeze
on a summer day
Like a weight lifted off my
shoulders





FEEL POWERFUL
AND CAPABLE



FEEL LOVE
AND CONNECTION



FEEL SAFE AND
HAVE YOUR OWN SPACE



HAVE SOME REST
OR DRINK SOME WATER

SQUEEZE SOMETHING TIGHTLY
AND THEN RELAX



HUG SOMEBODY YOU LOVE

MAKE A DEEP BREATH
IN AND A SLOW BREATH
OUT OR SMELL
SOMETHING YOU LIKE



CRY (YES, SOMETIMES
IT HELPS A LOT)



SING OR SCREAM



Pick
something
that can make
you feel better
and do it
right away

GIVE YOURSELF
A HUG



TALK ABOUT
YOUR FEELINGS
AND THOUGHTS WITH
YOUR FAMILY OR FRIEND



HUG YOUR
STUFFED ANIMAL
OR PAT YOUR PET



MEDITATE (THERE ARE MEDITATIONS
FOR YOU ON NEXT PAGES)



DRAW



SURPRISE, INTEREST



JOY, HAPPINESS



FEAR, ALARM

AND WHAT
ARE YOU
FEELING NOW?

If you picked a meditation
then come back here
after having it done.



SADNESS, GRIEF



ANGER,
FRUSTRATION

You can have mixed
feelings, too.

REMEMBER: ALL THE
EMOTIONS ARE NORMAL.
THEY ARE A NATURAL
PART OF HUMAN
EXPERIENCE



DISGUST



TRUST, CALMNESS,
COMFORT



Meditation
to let go of any worries
or negative emotions



Meditation
to feel empowered
and capable



Meditation
to feel loved
and connected



Meditation
to feel okay
about making
mistakes



MEDITATIONS FOR YOU

Meditation
to process
and grieve
something
you have lost



Meditation
to feel optimistic
about the future



Meditation
to make a wish
that can come true



Meditation
to feel your
inner goodness
no matter what





MEDITATION TO FEEL OKAY ABOUT MAKING MISTAKES

Find a quiet and comfortable place to sit or lie down. Close your eyes gently and take a deep breath in, and then slowly exhale. Let's begin by focusing on our breath.

As you continue to breathe in and out, imagine a soft, calming light surrounding you. This light represents acceptance and understanding. Visualize it embracing you with warmth and kindness.

Now, think about a time when you made a mistake. It could be something small or something bigger. Remember that making mistakes is a normal part of being human, and it's how we learn and grow.

As you hold onto that memory, remind yourself that it's okay to make mistakes. Mistakes are opportunities for learning and improvement. They don't define who you are as a person.

Imagine the light surrounding you growing brighter and expanding, filling you with a sense of self-compassion and forgiveness. Feel it washing away any negative feelings or self-judgment associated with the mistake.

Repeat these affirmations silently or out loud: "I am allowed to make mistakes. Mistakes help me learn and grow. I am still a valuable and worthy person, no matter what."

Take a moment to reflect on the lessons you've learned from your mistakes and how they have helped you become stronger and wiser. Embrace the idea that mistakes are stepping stones on your journey towards personal growth.

When you're ready, gently open your eyes and take a deep breath. Carry this sense of self-acceptance and resilience with you, knowing that mistakes are simply opportunities for growth.

Remember, it's okay to make mistakes. You are always learning and evolving.



MEDITATION TO LET GO OF ANY WORRIES OR NEGATIVE EMOTIONS

Find a quiet and comfortable place to sit or lie down. Close your eyes gently and take a deep breath in, and then slowly exhale. Let's begin by focusing on our breath.

As you continue to breathe in and out, imagine a beautiful balloon in your mind. This balloon represents any worries, fears, or negative emotions you may be holding onto. Visualize these thoughts and feelings being gently placed inside the balloon.

Now, imagine holding onto the string of the balloon and slowly releasing it into the sky. Watch as the balloon floats higher and higher, carrying away all those worries and negative emotions with it. As it drifts away, feel a sense of lightness and relief in your body and mind.

Take a moment to acknowledge that it's okay to let go of these thoughts and feelings. Remind yourself that you have the power to release them and create space for positivity and peace.

Now, bring your attention back to your breath. With each inhale, imagine breathing in calmness and serenity. And with each exhale, imagine letting go of any remaining tension or negativity.

Repeat these affirmations silently or out loud: "I let go of what no longer serves me. I am free from worries and negativity. I am open to peace and happiness."

Take a few more moments to simply be present with your breath and the feeling of letting go. When you're ready, gently open your eyes and take a moment to reflect on how you feel.

Remember, it's normal to have thoughts and emotions, but it's also important to let go of what doesn't serve us. I hope this meditation helps you release any burdens and find a sense of peace.



MEDITATION TO FEEL EMPOWERED AND CAPABLE

Let's begin. Find a comfortable and quiet space where your child can sit or lie down. Close your eyes and take a deep breath in, then slowly exhale. Let's begin the empowered meditation. Imagine your body as a superhero suit, with amazing powers and abilities. Picture yourself wearing this suit, feeling strong and confident. Take a moment to feel the energy and empowerment flowing through your body.

Now, let's focus on your mind. Imagine a glowing orb of light floating above your head. This orb represents all the positive thoughts and ideas that make you feel empowered. Reach out and touch the orb, absorbing its energy into your mind. Feel your thoughts becoming stronger and more powerful. Next, let's move on to your heart. Visualize a warm and radiant light glowing within your chest. This light represents your inner strength and courage. As you breathe in, imagine this light expanding, filling your entire body with a sense of empowerment. Feel your heart beating with confidence and determination.

Now, let's connect with your breath. Take a deep breath in, and as you exhale, release any doubts or fears. With each breath, feel yourself becoming more empowered and in control. Feel the rhythm of your breath syncing with the rhythm of your heartbeat, creating a harmonious balance within you. As you sit in this empowered state, take a moment to reflect on all the wonderful qualities that make you unique. Think about your strengths, talents, and achievements. Embrace the incredible person that you are and know that you have the power to achieve anything you set your mind to.

When you're ready, slowly open your eyes and bring your awareness back to the present moment. Remember, you are a superhero in your own right, capable of great things. I hope this meditation helps your child feel empowered and confident.



MEDITATION TO FEEL LOVED AND CONNECTED

Find a cozy and quiet space where your child can sit or lie down comfortably. Close your eyes and take a deep breath in, then slowly exhale. Let's begin the "Connected and Loved" meditation. Imagine yourself surrounded by a soft, warm light. This light represents the love and connection that surrounds you at all times. Feel its gentle embrace as it wraps around your entire being, creating a sense of comfort and security. Now, shift your attention to your heart. Visualize a beautiful, radiant flower blossoming within your chest. This flower symbolizes your capacity to give and receive love. With each breath, imagine this flower opening up, spreading its petals wide, and radiating love into the world.

Picture the important people in your life — your family, friends, and loved ones. Imagine a golden thread extending from your heart to theirs, forming a web of love and connection. Visualize this web growing stronger with each passing moment, linking you to those who care about you and making you feel supported and appreciated. Now, let's expand this feeling of connection and love to include all living beings. Picture the world around you and imagine a warm, glowing light enveloping it. This light represents the universal love that connects us all. Feel a sense of unity with everything and everyone, knowing that you are a vital part of this interconnected web of life.

Take a moment to reflect on the love and kindness you have shared with others and the love that has been bestowed upon you. Remember that you are deeply loved and cherished just as you are, and that this love is always available to you. When you're ready, slowly open your eyes and come back to the present moment, carrying the warmth of love and connection with you.



MEDITATION TO FEEL OPTIMISTIC ABOUT THE FUTURE

Find a quiet and comfortable space where you can sit or lie down. Close your eyes and take a deep breath in, then slowly exhale. Let's begin the "Optimistic Future" meditation. Imagine yourself standing on a beautiful hilltop, surrounded by a vast landscape of possibilities. Feel the warmth of the sun on your skin and the gentle breeze brushing against your face. This moment represents the limitless potential that the future holds. Now, let's focus on your breath. Take a deep breath in, and as you exhale, release any worries or doubts. With each breath, envision yourself letting go of any negative thoughts or fears about the unknown. Feel a sense of lightness and freedom as you release these concerns.

Visualize a vibrant rainbow stretching across the sky in front of you. Each color represents a positive aspect of the future, such as joy, success, and new adventures. As you breathe in, imagine yourself absorbing the energy and optimism of the rainbow, filling your heart and mind with hope and excitement. Now, let's tap into your imagination. Picture yourself achieving your goals and dreams. Visualize the steps you need to take and the progress you will make along the way. See yourself overcoming challenges and celebrating your accomplishments. Feel the sense of fulfillment and happiness that comes with realizing your dreams.

Repeat the following affirmations silently or aloud, embracing their positivity and optimism: "I am capable of achieving great things." "The future is full of exciting opportunities." "I am ready to embrace the journey ahead." "I trust in my abilities and the path that unfolds." As you repeat these affirmations, let the optimism and enthusiasm infuse your entire being, fostering a deep belief in the positive possibilities that lie ahead. When you're ready, slowly open your eyes and bring your awareness back to the present moment, carrying the optimism for the future with you.



MEDITATION TO FEEL YOUR INNER GOODNESS NO MATTER WHAT

Begin by finding a quiet and comfortable space where you can sit or lie down. Close your eyes gently and take a deep breath in, and then slowly exhale. Let's start by focusing on our breath.

As you continue to breathe in and out, imagine a warm, glowing light in the center of your chest. This light represents your inner goodness and kindness. Visualize it growing brighter with each breath you take.

Now, think about a time when you did something kind or helpful for someone else. It could be as simple as sharing a toy or saying something nice to a friend. Remember how it made you feel inside – that warm, fuzzy feeling of happiness and goodness.

As you hold onto that feeling, imagine it spreading throughout your entire body. Feel it radiating from your heart, filling every part of you with love and kindness. Allow this feeling to expand beyond yourself, reaching out to others around you.

Now, repeat these affirmations silently or out loud: "I am kind. I am good. I have a loving heart." Repeat them a few times, really believing in the words you are saying.

Take a moment to appreciate the goodness within you and the positive impact you can have on others. Remember that no matter what happens, you always have this inner goodness to guide you.

When you're ready, gently open your eyes and take a moment to reflect on how you feel. Carry this sense of inner goodness with you throughout your day, knowing that you have the power to make a positive difference in the world.

I hope this meditation helps you connect with your inner goodness, reminding you of the kind and loving person you are.



MEDITATION TO MAKE A WISH THAT CAN COME TRUE

Find a quiet and comfortable space where you can sit or lie down. Close your eyes gently and take a deep breath in, and then slowly exhale. Let's begin by relaxing our bodies and calming our minds.

Imagine yourself in a peaceful and magical place, like a beautiful garden or a starry night sky. Picture yourself surrounded by twinkling lights and a sense of wonder.

Now, think about a wish that you would like to make. It can be anything you desire, big or small. Take a moment to visualize your wish in your mind, imagining it as clearly as possible.

As you hold onto your wish, feel the excitement and joy it brings you. Believe in the possibility of it coming true. Know that you have the power to manifest your dreams and make them a reality.

Now, repeat these affirmations silently or out loud: "I believe in my wish. I trust in its potential. I am deserving of my dreams." Repeat them a few times, truly believing in the words you are saying.

Feel the positive energy and confidence building within you. Embrace the feeling of belief and know that the universe is listening to your wish.

Take a moment to express gratitude for the wish you have made and for the opportunities that lie ahead. Trust that the universe will guide you towards your wish in its own perfect timing.

When you're ready, gently open your eyes and take a moment to reflect on how you feel. Carry this sense of belief and possibility with you, knowing that your wish is on its way.

Remember, it's important to take action and work towards your wish as well. Keep believing in yourself and your dreams, and watch as they unfold before your eyes.

I hope this meditation helps you make a wish and believe in its potential to come true.



MEDITATION TO PROCESS AND GRIEVE SOMETHING YOU HAVE LOST

Find a quiet and comfortable space where you can sit or lie down. Close your eyes gently and take a deep breath in, and then slowly exhale. Let's begin by acknowledging the loss you are feeling.

Allow yourself to bring to mind the thing or person you have lost. It could be a pet, a toy, a friend, or anything else that holds significance to you. Take a moment to remember the positive memories and feelings associated with it.

Now, imagine that you are holding a special box in your hands. This box represents your feelings of grief and sadness. Visualize placing all those emotions into the box, gently and with care. Take your time to acknowledge and honor these feelings.

As you continue to breathe, imagine closing the box and setting it aside for a moment. Now, shift your focus to your breath. Take a few moments to simply observe your breath as it goes in and out, allowing it to bring you a sense of calm and peace.

Now, imagine a warm, comforting light surrounding you. This light represents love and support. Visualize it wrapping around you like a cozy blanket, providing comfort and solace during this time of loss.

Allow yourself to feel whatever emotions arise. It's okay to cry, to feel sad, or to miss what you have lost. Remember that it's natural to grieve, and it's important to give yourself permission to feel these emotions.

Take a moment to reflect on the positive memories and experiences you shared with what you have lost. Express gratitude for those moments and the impact they had on your life.

When you're ready, bring your attention back to the present moment. Take a deep breath in, and as you exhale, imagine releasing any remaining sadness or grief. Know that it's okay to take your time to heal and that you are not alone in your feelings.

Open your eyes gently and take a moment to ground yourself. Remember that it's normal to feel a mix of emotions during the grieving process, and it's important to be patient and kind to yourself as you navigate through it.