Compass

Positive Effect
Holistic Health & Wellbeing Solutions

Help children and young people manage their emotions

Here are some helpful tips you can use when talking to children and young people to help them understand, express and manage their emotions.

Encourage them to talk about their feelings and emotions and create a safe environment for this

Normalise emotions and encourage acceptance. Avoid judgement or criticism.

Use open ended questions to talk about feelings and emotions

Encourage emotional literacy by labelling what they are feeling....'it sounds like this is worrying you'

Model expressing your emotions in a healthy way......'I feel sad today because ....'

Explore how they can express their emotions in different ways e.g. drawing, journaling, creating animations, music or sport

Get support from others if you think you need it