Are you feeling frustrated because you’re tired?” As you use these emotional vocabulary words, he’ll begin to pick up on feeling words and use them on his own.

**ENCOURAGE SELF-TALK.** Oftentimes, it helps to simply say what you are feeling out loud to yourself. Show your child how to use her “feeling words” to identify his feelings, and then to start to think of ways to calm down or feel better.

**READ A BOOK TOGETHER, AND TALK ABOUT THE CHARACTERS’ FEELINGS.** You might say, “Lucy is covering her eyes and clinging to her dad. How do you think she feels?” Or you could say, “It looks like Lucy feels afraid. Do you remember when you felt afraid of the dark? What else might make someone feel afraid?” As your child learns to label and understand his own feelings and those of others, he’ll realize that what makes him feel a certain way may be different from what makes someone else have that same emotion—and that is okay!

**PLAY “FEELING CHARADES.”** Act out a feeling and ask your child to guess which one it is. For instance, if you’re frustrated, you might cross your arms and furrow your brow. Then let him have a turn!

**RECOGNIZE BODY CLUES.** Talk with your child about clues inside her body that help her tell the difference between comfortable and uncomfortable feelings. For instance, if she is angry, she may feel hot; or if she feels happy, she may feel relaxed. When you help your child describe how an emotion is making her feel physically, you create an opportunity to teach your child about more complex emotions. For example, if she sees someone with a toy that she wants, she may label her feeling as anger. By discussing the situation and guiding her through expressing her feelings, you can show her that she is actually feeling jealous (a more complex emotion), not angry.

**CREATE A “CALM-DOWN BOX.”** Empower your child to calm down on his own by creating a “calm-down box,” which he can easily access when he needs some emotional release and to calm down. Fill a box with games, art supplies (including crayons and paper so that he can draw a picture of something that makes him feel happy and modeling clay to mold to relieve frustration), a teddy bear or another favorite stuffed toy for him to hug, and even add a glitter jar!

**USE HER IMAGINATION.** When a child feels anxious, using her imagination can help her find creative ways to “escape” big feelings and calm down.

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**GOOD STUFF!**

**MAKING A GLITTER JAR**

When a child is feeling upset, a glitter jar can be used as a calming strategy to help regulate her feelings. The glitter inside the jar symbolizes how the child’s feelings are swirling around inside her. As your child watches the glitter settling down, it has a peaceful, calming effect on her, and helps her calm down.

**Supplies**
- Water
- Glitter glue
- Glitter
- A 16-ounce to 30-ounce clear jar, such as a Mason jar (plastic, not glass)

**Instructions**

Fill the jar about ¼ of the way full with warm water. Be sure to measure how much water you’re using.

For every cup of water you use, add 2 to 3 drops of glitter glue to the jar.

Add the glitter to the jar until it is ½ inch to ¾ inch deep from the bottom of the jar.

Secure the lid tightly. For extra protection, add glue to the inside of the lid’s lip before closing, and allow the glue to dry before shaking the jar.

Shake the jar, then sit and watch the glitter as it settles back down onto the bottom of the jar—and your child settles down as well! You just may find this calming as well.