

## THEME: AIR TRAFFIC CONTROL ~ MANAGING DEMANDS AND FEELINGS



Whether we are 4 months old or 40 years old, life can throw a lot at us. For children's developing brains, it is important to have the ability to handle overwhelming feelings, before they build up and become too much!

This is called their executive functioning.

As adults, we can help this healthy development by:

Being responsive...

Providing a nurturing and predictable environment...

And caring for their needs and emotions.

When things begin to feel too much for you or your little ones, practice the following mantra:

I take one thing at a time. Expressing my feelings is important. I can and I will.

Now breathe in... And breathe out.

May you be safe. May you be healthy. May you be loved.

We are here for you, for them.



### MANTRA

"I take one thing at a time.  
Expressing my feelings is important.  
I can and I will."



# ACTIVITY

## Pyramid of Importance



Draw a colourful pyramid, and write down tasks in the colours in order of importance. This can help children with overwhelming feelings as they break things down one at a time. Start with red on the bottom being the most important, and work your way up. You can even add a reward at the top after completing all the tasks!



# ACTIVITY

## How Are You Feeling Today?



Use paper or a white board for your child to draw an expression of how they are feeling, which may change throughout the day (after school, before bedtime, etc). This can help open up communication on feelings and prompt you to delve deeper for any emotions you feel might need to be addressed. It's a good reminder that all feelings are ok.

