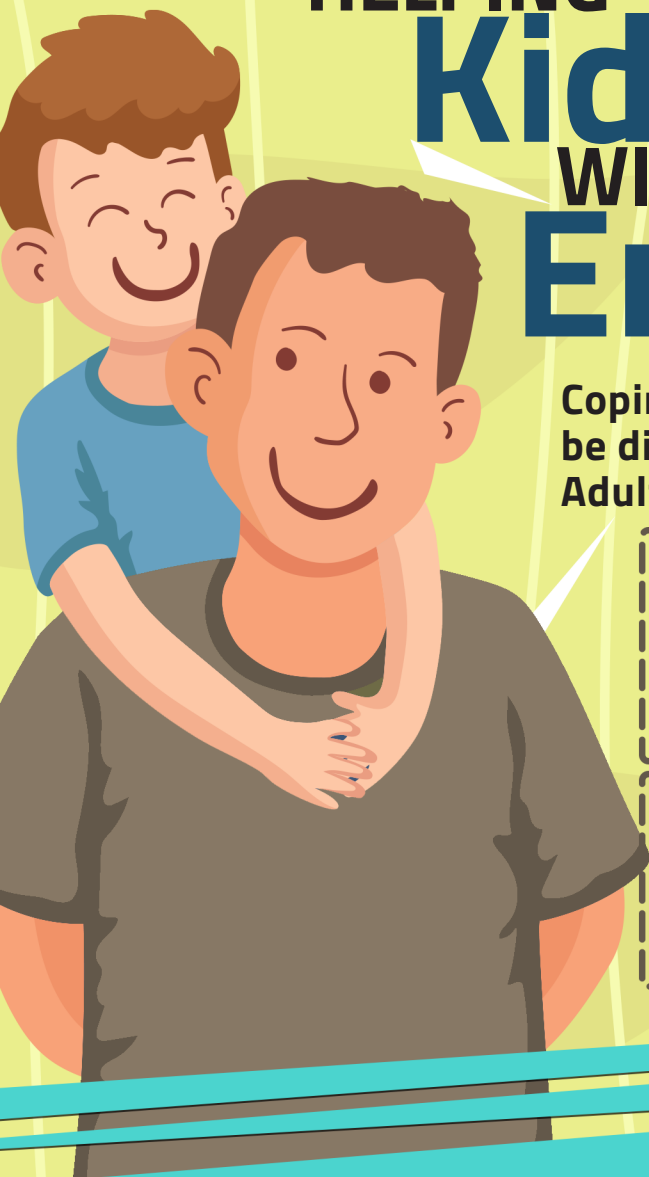


HELPING Kids Cope WITH THEIR Emotions



Coping with intense emotions can be difficult, especially for children. Adults can help, here's how:

Identify and Label Emotions

- Help them identify emotions, such as joy, anger, sadness, fear, and excitement.
- Don't minimize or dismiss how they are feeling.

Help Understand Different Emotions

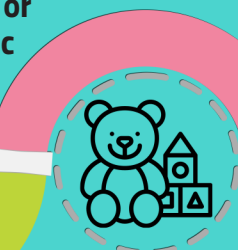
- Help children understand why they are feeling what they are feeling and allow them to explain their side.

Help Manage and Cope with Emotions

Provide activities to unwind: blowing bubbles, coloring, or listening to music

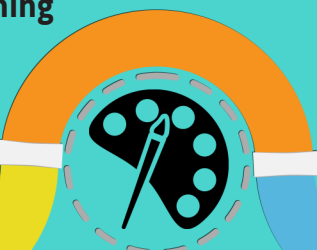


Use calming activities: like watching nature



Comfort them: playing with their favorite toy, giving them a hug, or petting an animal

Use physical activities: skipping rope, jumping, or running outside



Switch their focus: paint or read



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