



Resources for Caregivers to Help Children Cope with Difficult Emotions, Ages 0-6

When children feel scared or sad, they don't understand those uncomfortable feelings, so they often get angry and act out.

One of the best things adults can do for children who are angry (and probably scared or sad) is to help the child understand what they're feeling and reassure them that it's ok for them to feel that way.

Reading or listening to recorded books together is a great way to help children learn about their emotions. After listening, you can ask your child, "do you ever feel that way?" and then reassure them that lots of people feel that way, that it helps to talk about it and that they can always talk to you.

Here are some recorded books that help children learn to understand their different emotions.

Listening to my Body

<https://youtu.be/-B6Rik-TA-Q>

B is for Breath, by Dr. Melissa Boyd

<http://www.youtube.com/watch?v=sEmIKSIZzNo>

I can handle it! By Laurie Wright

<http://www.youtube.com/watch?v=M9HiJwl1DsQ>

Mindful Monkey, Happy Panda

<https://youtu.be/5nsySCMH36s>

Sticks Learns to Cope with Anger

<https://youtu.be/MuCVTTT2BAQ>

Belly Breathing for anger with Esme and Roy

http://www.youtube.com/watch?v=646TZ_E18A

Another great way adults can help children learn to express their emotions in a healthy way is exercise. You can put these videos on for your child, and even do the exercises with them! Doing activities like reading, playing and exercising with an adult in their life helps children feel connected, safe and loved.

Try Zumba for kids!

<http://youtube.com/watch?v=9fgA6TJ5VHY>

Exercise for kids in Spanish:

https://www.youtube.com/watch?v=m_Clwq4osEQ

Exercise for kids, teens and adults

https://youtu.be/L_A_HjHZxfI

Yoga At-Home for Kids, Teens and Adults

<https://youtu.be/X655B4ISakg>

One more great activity to help your child learn to control their emotions is meditation and guided relaxation. Even very young kids can learn to do meditation. Meditation can also help children fall asleep. Watching these videos together is another activity you can do that helps your child feel connected to you, safe and loved.

Guided muscle relaxation for kids

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

Sleep Meditation for Kids, Land of the Unicorns

<http://www.youtube.com/watch?v=sim2jV6OGrg>

Free App with Meditation Bedtime Stories for Kids:

<https://apps.apple.com/us/app/new-horizon-kids-meditation/id145719117#?>

