

LET YOUR CHILD FEEL THEIR FEELINGS

It's important to let your child be sad. It's NOT helpful when we try to make it better for them, distract them, or try our hardest to limit the times when they might get hurt.



🍀 INSTEAD OF...

Distracting with treats or screentime:
"Let's get your favorite ice cream, it will make you feel better."



🍀 TRY THIS...

Show empathy:
"I know this is really hard for you. I'm here if you need me."

🍀 INSTEAD OF...

Pushing the sadness away because it makes you feel uncomfortable:
"Go to your room until you can come back with a smile."



🍀 TRY THIS...

Give encouragement:
"It's okay to feel sad. Our emotions help us process things. Everyone feels sad sometimes."

🍀 INSTEAD OF...

Bottling up the sadness with toxic positivity:
"Let's just think about something happy."



🍀 TRY THIS...

Give ideas to help process the sadness:
"Do you want to talk or write about what you're feeling?"

🍀 INSTEAD OF...

Making your child feel like there's something wrong with them:
"Just stop crying already, you've been crying all day."



🍀 TRY THIS...

Offer attentive listening:
"I'm here if you want to talk or need a hug."

WHEN WE PUSH UNCOMFORTABLE FEELINGS AWAY...

We teach kids to bottle their feelings up (which often results in explosions later) and prevent emotional learning and healing

WHEN WE HOLD SPACE FOR THEIR SADNESS, ANGER, FEAR...

We teach our kids how to soothe themselves, pick themselves up, and move on from physical and emotional hurts.

Gratitude Game

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HOW TO PLAY: Print and assemble the dice on page 2, or use your own. Roll one die or two dice and add up the numbers to match the sum with the prompt below. Take turns sharing what you are thankful for with your family and friends.

- 1 Name a **PERSON** you are thankful for
- 2 Name a **PLACE** you are thankful for
- 3 Name a **THING** you are thankful for
- 4 Name a **FOOD** you are thankful for
- 5 Name a **HOLIDAY** you are thankful for
- 6 Name a **SONG** you are thankful for
- 7 Name a **SKILL** you are thankful for
- 8 Name a **THING IN NATURE** you are thankful for
- 9 Name a **TRADITION** you are thankful for
- 10 Name a **SCENT** you are thankful for
- 11 Name a **GAME** you are thankful for
- 12 Name **ANYTHING** you are thankful for

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With gratitude,
Big Life Journal team