

# LEARNING TO COPE WITH BIG EMOTIONS

First thing to help your child calm down is to identify their emotions



Learning to control big emotions & to calm down takes time!

We can help the children to:

- Practise calming ideas
- Remind your child that he/she can use them

WHY?

PRACTISE & REMIND ONLY WHEN YOUR CHILD IS CALM

Because your child cannot think, listen, or make good decisions when they are upset, just like us! :)

On behalf of THK EIPIC @ Tampines Psychology Team  
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## CALM DOWN SPOT

Creating a safe area for your child to go to for a break / to calm down



Find a **safe & quiet** spot  
(e.g. corner of the room, bedroom)

**Explain:** "You can come here if you need to calm down"

Make it **cozy** & add **calming** tools

**Practise & remind**, when your child is calm!

You can say: "You look angry, let's go to the calm down spot for a break"

### OTHER CALMING IDEAS



Make up a song with your child's name

Have a break, move around, shake it out!



Read a book together & point out the character's feelings



Go for a quick nature walk



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