



Acknowledge the Body's Emotional Experience



Children of all ages typically love band-aids. Using a band-aid to acknowledge the physical sensation of the emotion and where it occurs on the body teaches children that acknowledging our feelings is, not only okay but also a healthy practice.

When a child has gone through an overwhelming emotional experience going back and reflecting on the experience can be very helpful in improving self awareness and self-control. After the child experiences a difficult situation such as an angry outburst, anxious event, a flood of tears, or being bullied have the child ask him or herself where they felt the emotional experience in their body. Allow them to describe it. Maybe they felt hot, had difficulty breathing, noticed they were shaking or felt a weight on their chest. There is no need for the child to give an exact emotional word.

Once they have finished you may reflect on the description and help them identify the emotion. Write the emotion on the top of the band-aid and then allow them to place it on the area of the body that had the experience. They can wear the band-aid as long as they like. The choice to take it off is up to them.

Point out to them that these physical sensations is their body telling them that they are in need of something. Maybe a break, deep breathing, or help from an adult is needed. This is a great opportunity to explore some coping skills!

