



FIVE FOR FAMILIES IDEA

Crafts to Manage Feelings

Here are some things that your child can make and use to communicate and manage their strong feelings.

Helping hand: Trace your child's hand on a piece of paper. Help them write or draw one thing they can do to cool down on each finger. Then when they get angry or upset, have them hold up their thumb or their pinky as a reminder of a way to calm down.

Stress ball: Using a funnel, fill an uninflated balloon with flour and tie it off. Your child can squeeze this homemade stress ball when they are feeling anxious or upset.

Artwork: Have your child label colors as different emotions and paint a picture using the colors that represent how they feel.