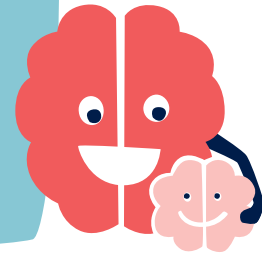


Emotional Regulation Activities to Build your Emotional Muscles



As children grow and face more of life's challenges, they will experience a wide range of emotions. Developing the ability to regulate these emotions during difficult or challenging times is an essential and valuable skill. Below is a list of 10 activities and experiences designed to help your children strengthen their emotional muscles and learn to better manage their feelings.



Deep Breathing Exercises

Teach children to take slow, deep breaths to calm down. Use our mindful breathing resource to assist you.



Mindfulness Meditation

Practice short mindfulness meditation sessions to help children focus and stay present. Try our [Gotcha Garden Gnome Meditation](#) as a family.



Emotion Journaling

Encourage children to write about their feelings and thoughts. Use our journal template to get started.



Art Expression

Keep an art box handy and use drawing, painting, or coloring to help children express their emotions creatively.



Physical Activity

Engage in activities like mindful walking, running, jumping, or dancing to help release pent-up energy and stress. These provide an opportunity to shift the energy in the room.

Practice simple yoga poses to promote relaxation and emotional balance. Not only does yoga produce oxygen going to your brain but it reduces stress hormones.

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Sensory Play

Provide sensory materials like playdough, sand, or water to help children calm down and focus.



Storytelling and Reading

Read books that explore emotions and discuss the characters' feelings and actions. Explore our Emotional Explorers book list.



Role-Playing

Play a game of charades or act out scenarios where children can practice responding to different emotions.



Nature Walks

Spend some time outdoors to help children connect with nature and reduce stress. Listen to the sounds and explore nature using different senses.



Quiet Time

Create a designated calm space where children can go to relax and regroup. Follow the steps to effectively incorporate a calm cove in your home.

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