



Strategies for Families Managing Big Emotions

1. Stop – Breathe – Think
2. Disengage
3. Breathe, be present and find your calm
4. Pick your battles
5. Notice, and check your reaction
6. Be consistent and predictable
7. Maintain a routine
8. Give choices
9. Find the good at the core, practice empathy

What options does the other party have?

10. Model, name and teach emotions and Forgiveness
11. Practice Calming
Magic Mustache, weighted blanket, “swaddle”
12. Give yourself permission
13. Make a “kit” to use during tough moments
 - Squeeze or throw ice cubes
 - Blow bubbles
 - Laugh
 - Incorporate interests
14. Smile
15. Make a Feel Better List

