5 R's of Emotional Explorers

1. **Recognize** emotions
2. **Respond** to emotions
3. **Release** emotions safely & **Regulate** big emotions and come back to a place of being calmer & more grounded
4. **Re-enter** "the world" through at least one of the following...
   - compassionate **return**,
   - **repair** relationships,
   - **reason** and problem solve for next time,
   - **relate** and support safety, connection, belonging and love
   - **reflect** on the deeper root for the emotions and/or what could be explored or done differently next time



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5 R's of Emotional Explorers

Connect...

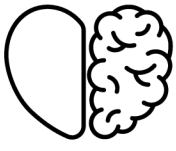
- with self (body & breath & brain & beliefs
- with others (especially a safe adult or support)
- with world (environment around them)

...until the individual feels safer and more calm again!

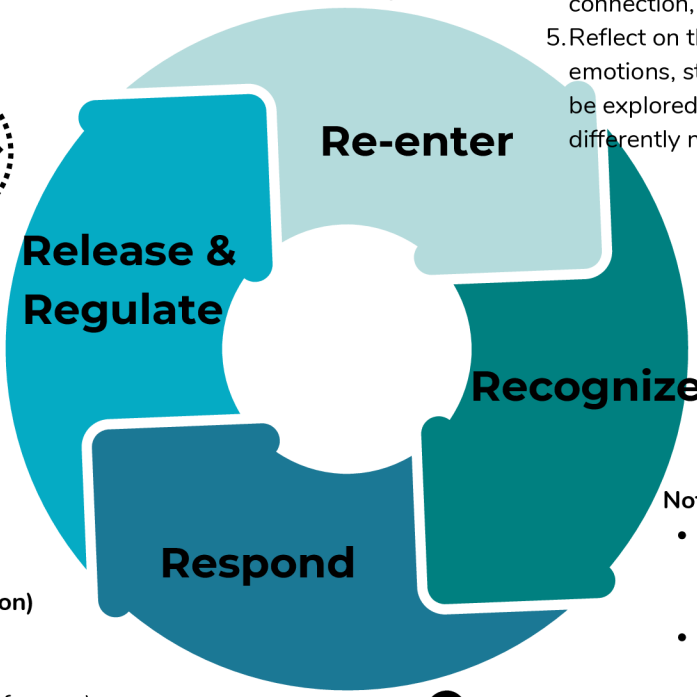


What is most needed RIGHT NOW to re-enter

1. Compassionate Return - do not always need to talk, process or clean up
2. Repair relationships
3. Reason & problem solve for next time
4. Relate and support feeling safer, more connection, belonging or love
5. Reflect on the deeper root for emotions, stressors and/or what could be explored, taught or done differently next time











Move Emotion (energy in motion)

- Move it
- Let it out
- Re-direct (meet needs in safer way)
- Use 8 senses
- Fun
- Reduce stress, then restore energy

Notice & Observe

- What emotion might you or child be feeling?
- Name it (out loud or to yourself)
- What are they doing?
- What does it look like or sound like?
- Re-frame behaviour with curiosity
- Don't need to know WHY



Meet your child (or individual or yourse) in the emotion... respond to needs with:

- Supporting
- Fostering safety
- Leading with love
- Connecting
- Pausing
- Recognizing stressors (remove if possible)
- Being present
- Allowing
- Being WITH
- Being quiet
- Accepting - it is it is
- Not trying to fix, solve or understand WHY (yet)
- Practise

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