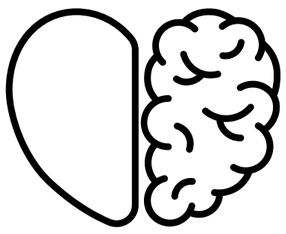
Blooming Abilities -
"Flow"er of Emotions



© Blooming Abilities

4 R's of Emotional Explorers







Move Emotion (energy in motion)

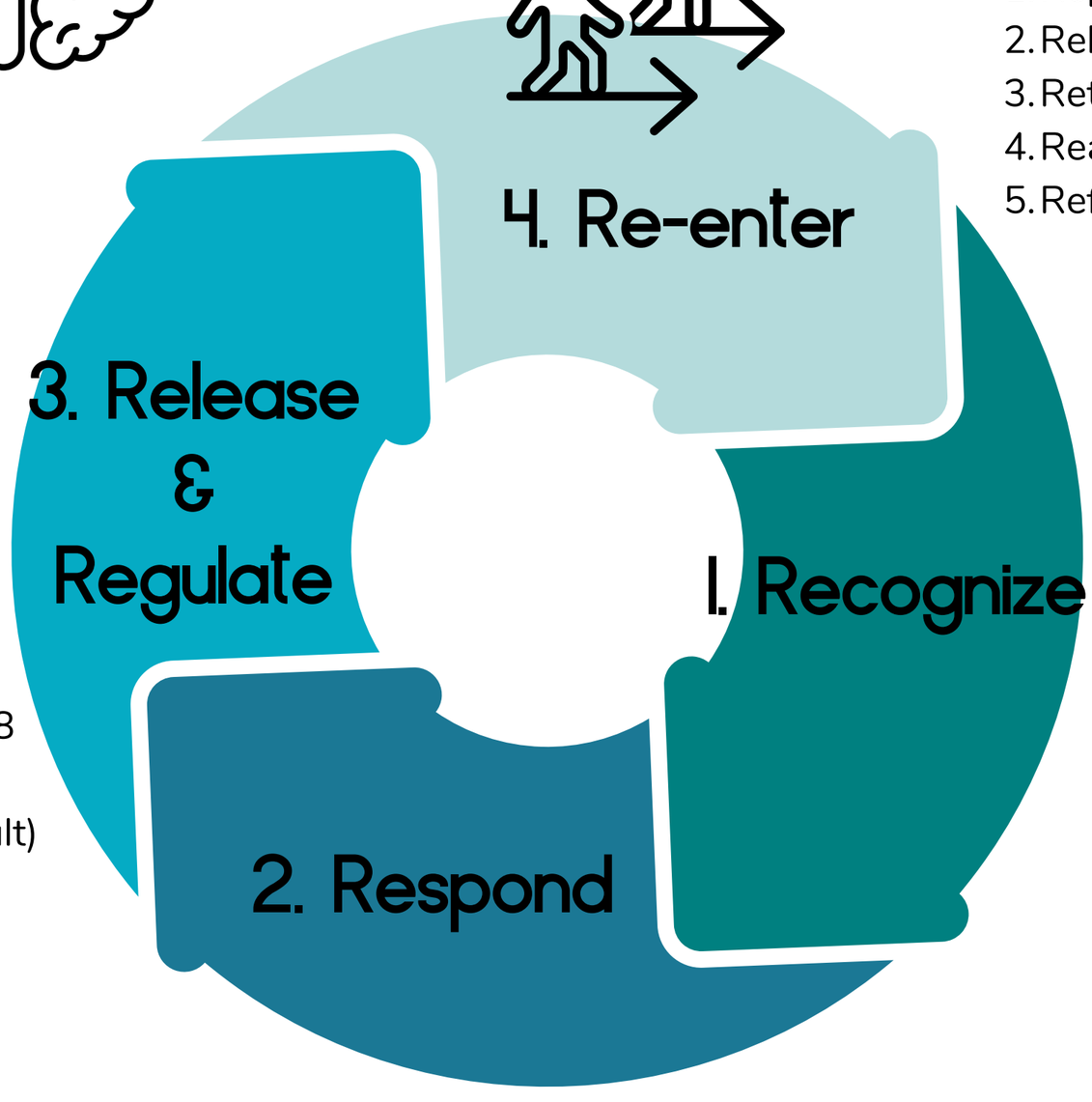
- Proactive
- Move it
- Let it out
- Re-direct (meet needs in safe way)
- Use 8 senses

Connect...

- with self (body & brain & heart - 8 senses)
- with others (especially a safe adult)
- with world (environment around them)

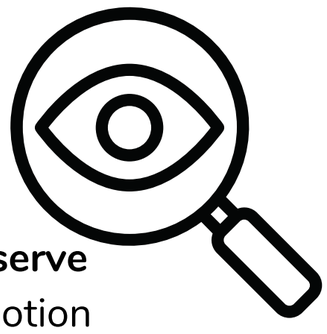
...until your child feels safe and calm again!





What is most needed RIGHT NOW to re-enter & move forward?

1. Repair
2. Relate
3. Return
4. Reason
5. Reflect



Notice & Observe

- What emotion might your child be feeling?
- Name it (to self)
- What are they doing?
- What does it look like or sound like?



Meet your child in their emotion... respond to their needs with:

- Support
- Create safety
- Lead with love
- Connect
- Pause
- Be present
- Allow
- Be WITH
- Be quiet
- Accept - it is it is









RECOGNIZE

What are the "Yellow" and "Orange" emotions - caution - pay attention

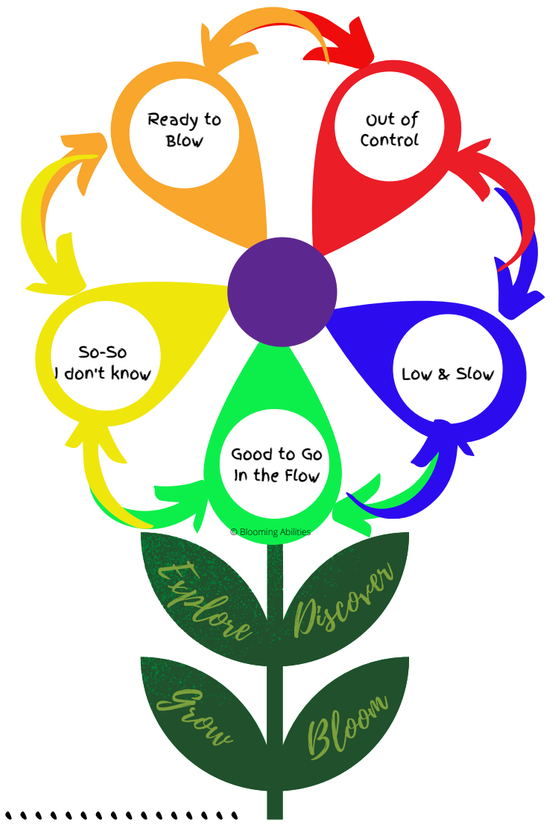






EXPLORE. DISCOVER. GROW. BLOOM.

"Flow"er of Emotions ... through the day



Either write the time of day (in 15 minute or 30 minute blocks) or different activities in order of the day.

Simply the different activities and track over one week by placing an X or checkmark in the box of which emotional state you observe at that time. If multiple observed you can number them within a time frame.

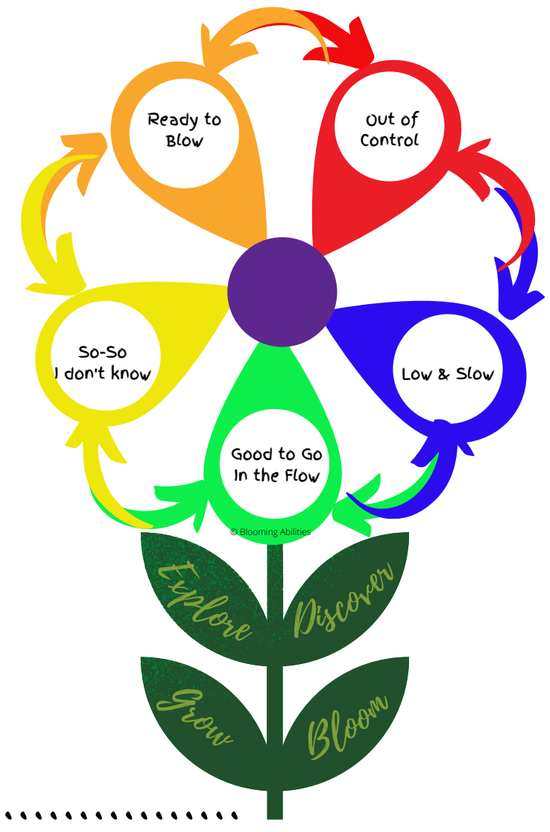
You can write a word or two about your observations if it is helpful.

This is just **noticing and observing**, and then we can begin to see if there is a pattern. Complete one page per day.

Date: ..... Child's Name: .....

Time of day					
7:00					
7:30					
8:00					
8:30					
9:00					
4:00					
4:30					
5:00					
5:30					
6:00					
6:30					
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					

"Flow"er of Emotions ... through the day



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Time of day OR Activity					