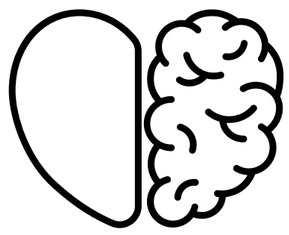
Blooming Abilities - "Flow"er of Emotions

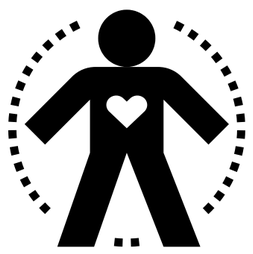


© Blooming Abilities

4 R's of Emotional Explorers







Move Emotion (energy in motion)

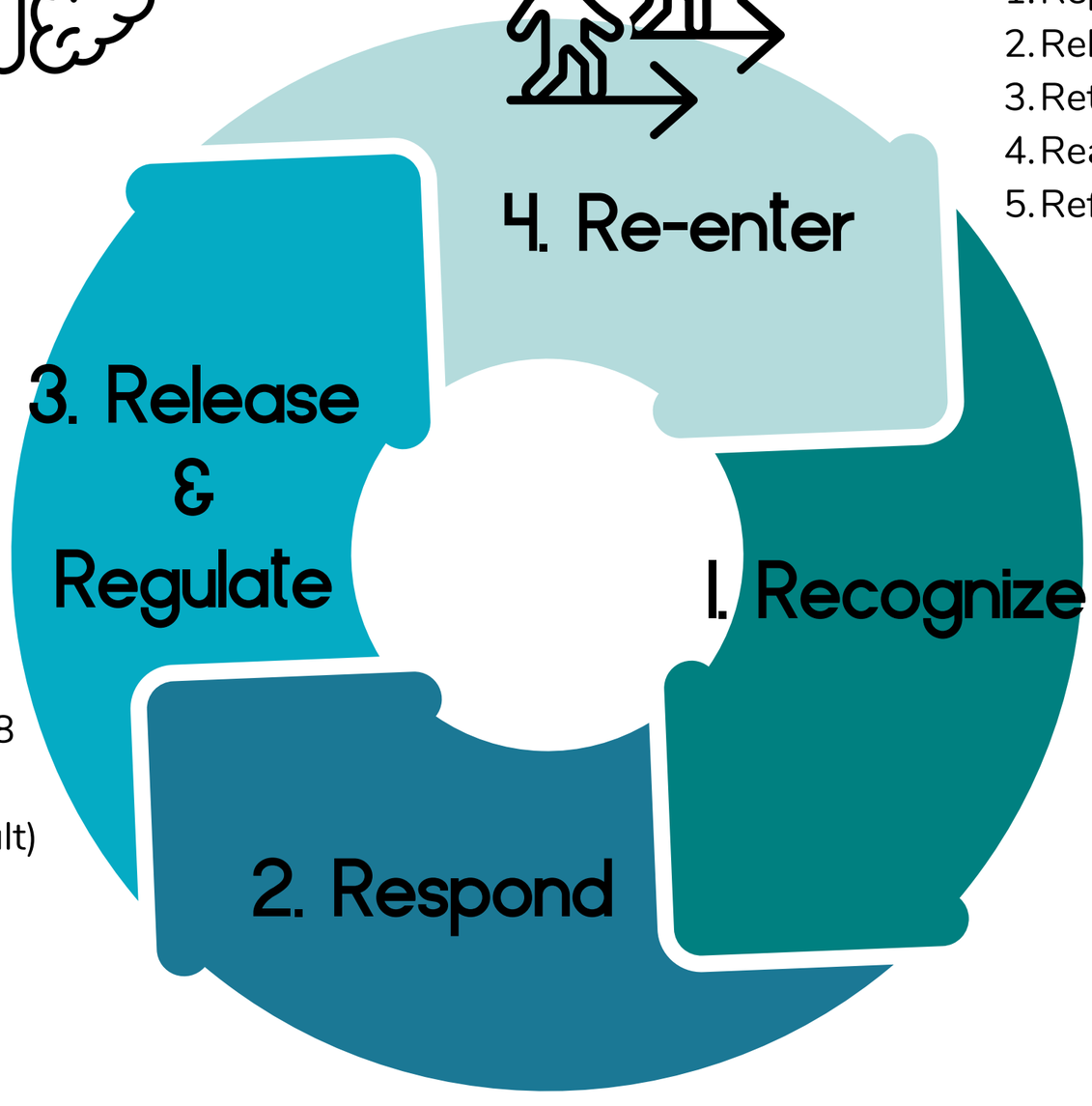
- Proactive
- Move it
- Let it out
- Re-direct (meet needs in safe way)
- Use 8 senses

Connect...

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

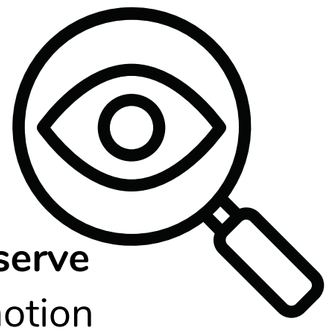
...until your child feels safe and calm again!





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

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



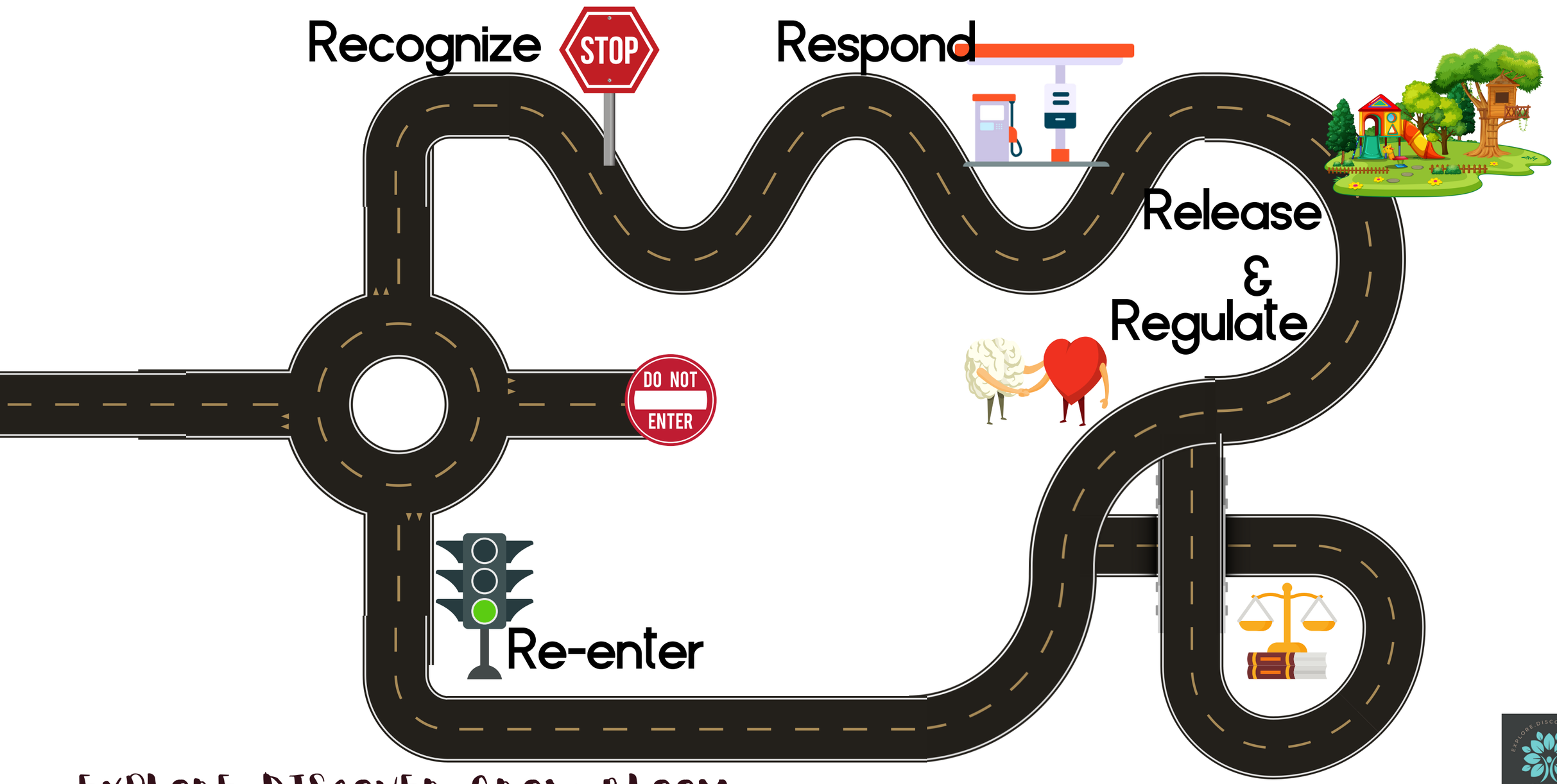
Notice & Observe

- 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





EXPLORE. DISCOVER. GROW. BLOOM.

Which emotions do you MOST identify with? Least?
What do you see MOST in your child(ren)? Which ones less?

Interest

Do you ever feel something like...

Focused
Curious
Engaged
Alert
Attentive
Inquisitive
Creative
Interested
Passionate
Innovative
Savouring

Awe
Wonder
Amazement
In Flow
Productive
Fascinated
Captivated
Absorbed
Energized
Enthusiastic
Entralled

Balanced

Do you ever feel something like...

In control
Regulated
Settled
Centered
Grounded
Stable
Steady
Harmony
Flexible
Resilient
Even-keeled

Growing
Learning
Sharing
Communicating
Listening
Give & Receive
Organized
Adaptable
Easy-going
Tolerant
Harmonious

Connected

Do you ever feel something like...

Belonging
Appreciated
Seen
Heard
Known
Understood
Accepted
Accepting
Clear headed
Body-Brain Connected

Strong
Powerful
Brave
Determined
Courageous
Trusting
Intuitive
Certain
Whole

Love

Do you ever feel something like...

Loved
Loving
Supported
Supportive
Satisfied
Affectionate
Valued
Respected
Appreciative
Grateful
Thankful
Pleased

Caring
Positive
Optimistic
Compassionate
Empathetic
Thoughtful
Friendly
Kind
Honest
Confident
Proud
Successful

Safe

Do you ever feel something like...

Safe
Comfortable
Relaxed
Calm
Bliss
Tranquil
Ease
At Peace
Settled
Relaxed
Serene

Well-being

Others??

Joy

Do you ever feel something like...

Content
Pleased
Delight
Amused
Playful
Having fun
Joking
Funny

Optimistic
Hopeful
Inspired
Elated
Pleasure

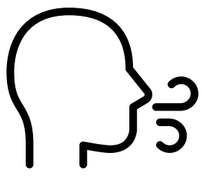
When does your child experience these emotions?
What are you/they doing?
What does it feel like and/or look like?

EXPLORE. DISCOVER. GROW. BLOOM.

When I'm Regulated...

When? Time of Day?
What Might I Be Doing?

Looks Like AND/OR
Feels Like:



Tools or Strategies I mlght Use:







Emotions I Experience:

Emotions I Am
Curious About:

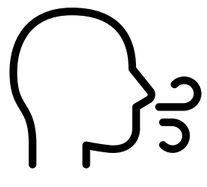
Emotions I Haven't Experienced:

EXPLORE. DISCOVER. GROW. BLOOM.

When My Child Is Regulated...

When? Time of Day?
What Might They Be Doing?

Looks Like AND/OR
Feels Like:



Tools or Strategies they mIght Use:







Emotions They Experience:

Emotions They Identirfy:

Emotions to
Explore:

Emotions They May NOT
Have Experienced:

EXPLORE. DISCOVER. GROW. BLOOM.