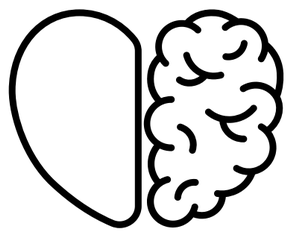
Blooming Abilities - "Flow"er of Emotions

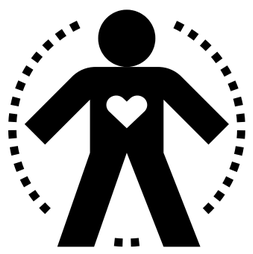


© Blooming Abilities

4 R's of Emotional Explorers







Move Emotion (energy in motion)

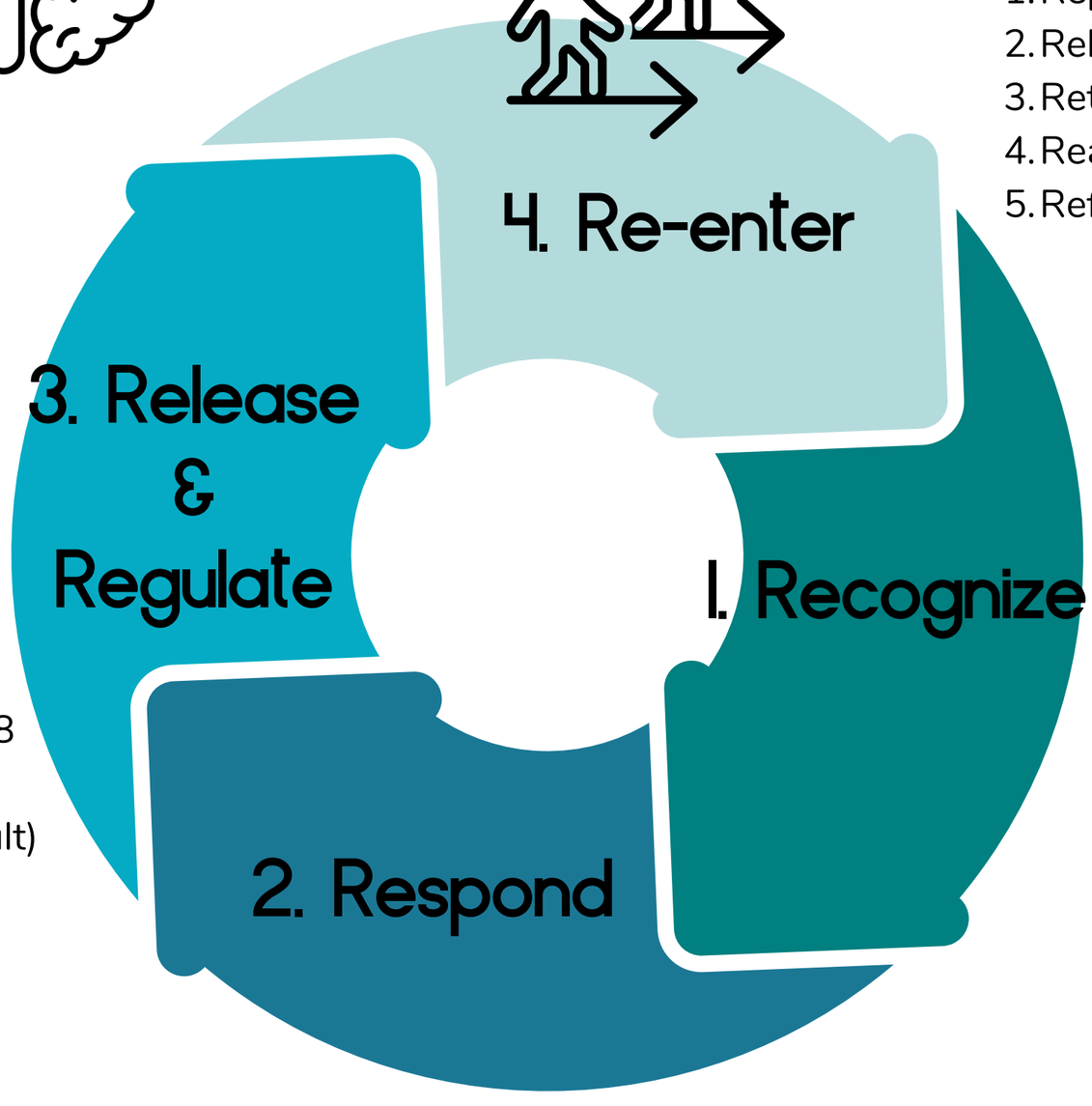
- Proactive
- Move it
- Let it out
- Re-direct (meet needs in safe way)
- Use 8 senses

Connect...

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

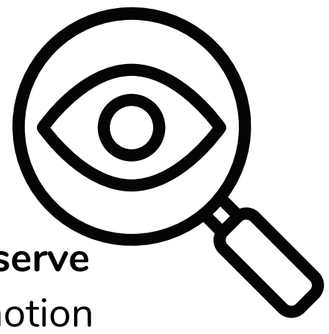
...until your child feels safe and calm again!





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" emotions - caution - pay attention







EXPLORE. DISCOVER. GROW. BLOOM.

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

Dis-Interest

Do you ever feel something like...

Unfocused
Distracted
Restless
Fidgety
Flighty
Ungrounded
Wiggly
Silly
Edgy
Unpassionate
Goofy
Sneaky
Unsettled
Reluctant
Impatient

Unbalanced

Do you ever feel something like...

Unsteady
Vulnerable
Wobbly
Inflexible
Stubborn
Intolerant
Rigid
Concerned
Upset
Impatient
Irritable
Restless
Disappointed
Discouraged
Helpless
Regret
Excited
Surprise
Anticipation
Ungrounded

Dis-Connected

Do you ever feel something like...

Embarassed
Confused
Puzzled
Indecisive
Jealous
Teasing
Betrayed
Vulnerable
Ignored
Overlooked
Weak
Incapable
Timid
Disconnected
Avoiding
Defensive
Insecure
Uneasy
Unsure
Suspicious

Unloved

Do you ever feel something like...

Unloved
Unsupported
Dissatisfied
Aloof
Discouraged
Disappointed
Insecure
Disgust
Judgemental
Pessimistic
Guilt
Dread
Critical
Dishonest
Unsuccessful
Unconfident
Apprehensive

Unsafe/Uncomfortable

Do you ever feel something like...

Uncomfortable
Cautious
Afraid
Scared
Nervous
Timid
Worried
Anxious
Alarmed
Uncertain
Agitated
Trouble
Frustrated
Annoyed
Tense
Overwhelmed
Stressed
Grumpy

Unhappy

Do you ever feel something like...
another slightly heightened emotion

Unsatisfied
Disgruntled

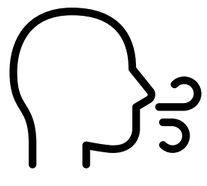
When does your child experience these emotions?
What are you/they doing?
What does it feel like and/or look like?

EXPLORE. DISCOVER. GROW. BLOOM.

When I'm "Yellow"...

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:

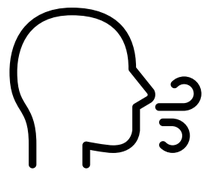
Emotions I Haven't Experienced:

EXPLORE. DISCOVER. GROW. BLOOM.

When My Child Is "Yellow"...

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.