

When a child is melting down, humor or gentle silliness can shift the mood and lighten the emotional intensity. Here are some playful methods to help your child work through the tantrum.

Make a stuffed animal talk or offer comfort.

Pretend to fall down dramatically in misery if your child won't give you a hug.

**Name the feeling in a silly way:
"Whoa, I think your mad monster came out! Should we feed it a snack or let it roar one more time?"**

Channel energy through movement- "Want to push all that mad energy into my hands?" (let them push against you) or "Let's see how strong your stomp is!"

**Pretend to be a robot that's "malfunctioning."
Talk in a funny voice:
"Error! Error! Too much sadness detected! Must administer tickles!"**

Suggest they blow their anger, sadness, etc. into a pretend balloon and then pretend to pop the balloon -OR - Pretend their anger is fire and you have the hose to extinguish the fire.