

It's important to check in with our emotions so we understand how we feel and how to handle how we feel. It's also important to talk with children about

Angry

- I am mad!! I feel like I am about to explode.
- O I can count 1 to 10, go for a walk, or talk to an adult.

Frustrated

- I feel stressed because things are not going my way.
- O I can take a few deep breaths, listen to calming music, or go outside.

Worried

how they feel, and help them find actions that will help to handle their big feelings. Ask them:

> How are you feeling? What can you do?



Is your child meeting their milestones? Find your free developmental screening center at screenforsuccess.org/regional-map!

- Something is causing me to feel anxious.
- O I can remind myself that all feelings are OK and ask for help.

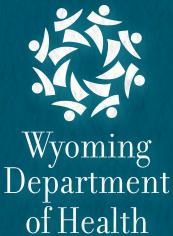
Sad

- I am not feeling happy and want to cry.
- O I can cry! I can also remind myself what I like best about being me or go do something I love.

Calm

I feel calm and relaxed.

I can take a few minutes to O practice gratitude.



Behavioral Health Division

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am doing great!

O I am going to enjoy this feeling and share it with others.

Happy