

## Talk about Your Feelings: A Guide for Families

### Talk about what's going on.

- Many of us, both adults and children, are feeling a lot of stress now.
- Encourage your child or children to talk with you about their feelings and their fears.
- Starting the conversation is the hardest part. You can use this book to help! Remind your child that when Ruby was feeling worried, she talked with her friend about it. She also asked him how he felt.



### Ask your child about the sensations they are feeling.



- For some kids, stress may show up as headaches, tummy aches, a feeling like there is a big rock on their chest, fuzzy feeling in their mouth, or other body sensations.
- For other kids, stress may show up in their mood. They may be more irritable, bouncing off the walls, bored, or having a hard time managing their impulses, or paying attention or focusing.
- Ask your child to talk with you about their physical sensations or their mood.

### Talk about why.

- Help your child connect their feelings to a reason.
- Use the book to help. Remind your child that Ruby became worried because the yellow circle was becoming larger, and it was following her wherever she went.
- Check in with your child: Is the feeling becoming stronger? Are they starting to feel it more of the time? Are there times or things that make them feel a certain way?



**Identify coping strategies to feel better.**

- Talk with your child about the things that will help them feel better.
- Here are some ideas:
  - Talking with a grown up
  - Reading a book
  - Going for a walk
  - Going to a quiet place
  - Drawing their feelings
  - Acting out their feelings with a sock puppet or paper bag puppet
- You and your child may have other ideas that work for your family.

