

Emotional Regulation

A parent resource pack for children aged 4-6.



1 Explanation for Parents

Children experience many emotions every day. They feel excitement, happiness, frustration, disappointment and sometimes anger. For young children, these feelings can seem very big and sometimes difficult to manage.

Learning to recognise and regulate emotions is an important part of developing empathy and emotional intelligence. When children understand their own feelings, they become better at recognising and responding to the feelings of others.

This guide will help parents introduce emotional awareness and simple calming strategies for your child.

2 Emotional Awareness and Regulation

Emotional awareness means recognising and understanding feelings.

Emotional regulation means learning how to manage those feelings in healthy ways.

For your children, emotions can feel overwhelming because their brains are still developing the ability to control strong reactions.

For example, a child might:

- become very upset when losing a game
- feel frustrated when something breaks
- feel angry when something doesn't go their way

These reactions are normal.

Children need guidance to learn that emotions are not bad, they are simply signals that tell us how we feel.

The goal is not to stop children from feeling emotions, but to help them:

- recognise what they feel
- pause before reacting
- choose a calm response

Teaching these skills early helps children build confidence, resilience and empathy.

3 A child-friendly explanation

You can explain emotions to your child in simple language like this:

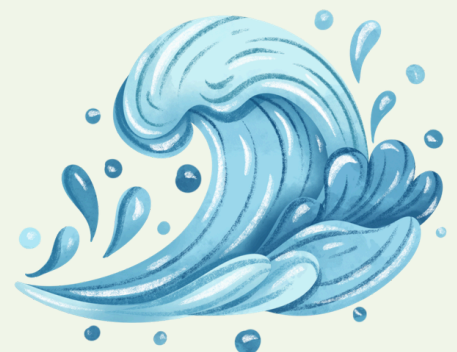
Everyone has feelings.

Sometimes we feel happy. sometimes we feel excited.

Sometimes we feel frustrated or angry.

Feelings are like waves in the ocean - some waves are small, some waves are big.

When we notice our feelings, we can learn how to calm the big waves and feel better again.



4 A Short-Story Scenario

Stories help children imagine how they might handle emotional situations.

You might share this example:

One day at school, a class was playing a game.

One child really wanted to win.

But during the game, their tower fell over and someone else won. The child felt very angry.

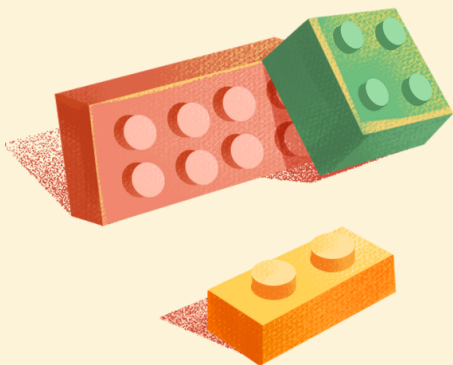
Their face felt hot and their body felt tight.

A teacher noticed and said “It looks like you are feeling angry”.

The child took a deep breath and tried again.

After a few slow breaths, the big feeling started to calm down.

In this story the child realised something important, big feelings are normal... but we can learn ways to help them settle.



5 Conversation Questions

Talking about emotions helps children develop emotional awareness.

You might ask your child questions such as:

- What makes you feel really happy?
- What makes you feel frustrated?
- What happens in your body when you feel angry?
- What helps you feel calm again?
- How do you think your friends feel when they are upset?

These conversations help children understand that feelings are a normal part of life.



6 Practical Activity

The Feelings Detective Game

This activity helps children recognise emotions in themselves and others.

Step 1: Talk about feelings

Ask your child to name different feelings they know.

Examples might include:

- Happy
- Sad
- Excited
- Frustrated
- Angry
- Nervous

Step 2: Look for clues

Explain that feelings often show on our faces and in our body language.

For example:

- ...smiling can show happiness
- ...crossed arms may show frustration
- ...quiet body language may show sadness

Step 3: Practice noticing feelings

Ask your child:



“Why not be a ‘feelings detective’ today and notice how people might be feeling?”

7 Real-Life Examples

Children experience strong emotions in many everyday situations.

Examples include:

Losing a game

Children may feel frustrated or disappointed.

A toy breaking

This can cause sadness or anger.

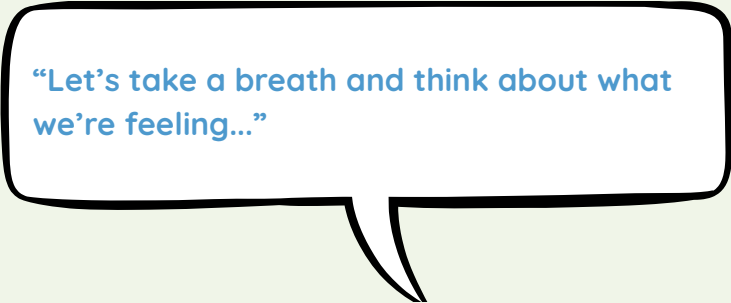
Waiting for a turn

Children may feel impatient.

Trying something difficult

Children may feel nervous or unsure.

When these moments happen, parents can gently remind children:



“Let’s take a breath and think about what we’re feeling...”

Over time, children begin to recognise emotions more easily.

8 Reflection Activity

Draw Your Feelings

Ask your child to draw pictures of different emotions.

You might ask them to draw:

- ...a happy face
- ...an angry face
- ...a surprised face
- ...a calm face

After drawing, ask:

“What helps this feeling become calm again?”

This activity helps children connect emotions with calming strategies.



9 Preparing for your personalised Empathy Adventure

Children learn best when they can imagine themselves inside a story.

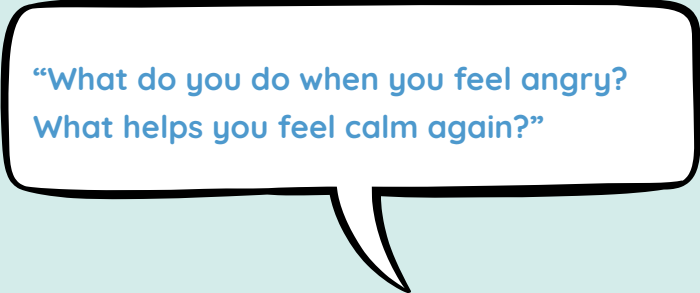
In the Empathy Adventures story ‘The Big Feelings Day’ your child becomes the main character who learns how to manage big emotions.

In the story, your child:

- experiences frustration during a game
- learns to recognise the feeling of anger
- practices slow breathing
- discovers how to calm big feelings

Seeing themselves as the hero of the story helps children understand that emotions are normal and that they can learn ways to manage them.

Before watching the story with your child, you might ask:



“What do you do when you feel angry?
What helps you feel calm again?”

These questions help prepare your child to connect with the story.

If you have not yet explored the personalised Empathy Adventures story, it is a wonderful way to help children see themselves as someone who can understand and manage their emotions.



Empathy
Adventures®

About Empathy Adventures

Empathy Adventures helps children learn kindness, understanding and emotional awareness through personalised stories where they become **the hero of the lesson!**

Each adventure helps children practice important life skills such as:

- Understanding others
- Managing emotions
- Encouraging friends
- Working together
- Forgiving mistakes
- Showing kindness and compassion