



Dealing with

TANTRUMS,

TEMPERS,

&

MELTDOWNS

Consciously.



SETTING SAIL AGAIN



YOUR CHILD'S EXPERIENCE

Just as tempers are easier to navigate from your own awareness, so too are they smoother sailing when your child has developed deeper awareness. Getting to know themselves is all part of the childhood journey.

A child doesn't want to feel upset or angry it is a reaction to something they are going through.

So, once the storm has past it is time to build tools for navigation.

Sit with your child and draw their attention back to when they were in the middle of their outburst of emotion.

If they feel comfortable to do so... meaning allow this to flow and don't push for answers, encourage conversation.

If you feel like it's not flowing shift to personal experience and how you feel when you flip out.

QUESTIONS AND ANSWERS

QUESTIONS TO ASK:

How did you feel?

How did your body feel?

Were you scared?

Did your body feel tight or hot?

Did you think I'd be mad?

Discussion prompts:

When I feel like that my body feels...

Sometimes it feels like I....

I get scared because.....

These are tools I like to use to feel better....

Tools for Emotional Awareness

Get your child to DRAW how they are feeling, how they felt or just different feelings they experience.

Try out pounding clay in angry, or hitting a pillow, or jumping up and down... or dancing it out.

Check out Mr. Rogers' Song The Mad that I feel. The lyrics are attached.



What do you do with the mad that you feel
When you feel so mad you could bite?
When the whole wide world seems oh, so
wrong...And nothing you do seems very right?
What do you do? Do you punch a bag?
Do you pound some clay or some dough?
Do you round up friends for a game of tag? To see
how fast you go?

It's great to be able to stop
When you've planned a thing that's wrong,
And be able to do something else instead
And think this song:

I can stop when I want to
Can stop when I wish I can stop, stop, stop any
time.

And what a good feeling to feel like this
And know that the feeling is really mine.
Know that there's something deep inside
That helps us become what we can.
For a girl can be someday a woman
And a boy can be someday a man.

- please note that this was written in 1968 when gender fluidity wasn't really given too much attention.
- Feel free to adjust as needed.