

Don't Forget This Mindset Shift When Supporting an Upset Child

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SUMMARY

The discussion focuses on a five-step process for managing emotional triggers in children, particularly when they exhibit anger. The steps emphasize recognizing triggers, accepting emotions, and engaging in physical activities to help calm the child, while also stressing the importance of non-judgmental support from caregivers.

- *Step 1: Recognize when a child is triggered by observing their facial expressions and body language.*
- *Step 2: Accept the child's emotions without judgment, acknowledging that their feelings are valid.*
- *Step 3: Move to a "safe place" or engage in physical activities to help the child calm down.*
- *Step 4: Use active calming techniques, such as tapping a wall or stomping on a pad, to release pent-up energy.*
- *Step 5: Caregivers must manage their own responses to avoid judging the child's feelings, which can hinder progress.*
- *Emphasizing movement is crucial, as it helps children process their emotions more effectively than traditional calming methods.*
- *The importance of a supportive environment is highlighted, where caregivers validate feelings rather than dismiss them.*

idea and said how could we parch this out and have five steps okay okay so five steps to work through these steps are first I'm triggered yeah right so so it's going to show up in front of you on the kid's face it's going to show up in your body you're going to know you're triggered you know whatever that is so the real thing that we do in that kind of I am is you know we walk up and we

notice yeah and and so you kind of notice what's going on in front of you M and and the flip is you don't go up and say uhuh not today right we are not going there today so when you see the look yeah on the kid's face so often we try to stop it yeah that's and it's hard right like well if I am angry enough then they'll knock it off yes yes exactly that's exactly it okay so then

after you recognize and accept right that they're triggered yes then the next space you're going to go to is the iom sometimes what what we talk about is that they move to an area called a safe place right it's likely when we're talking about an Angry Kid yeah that's not going to be so successful right right you're going to have to be with them yes um and so then when you get to the iom again typically when we're working

with average emotions then they're going to take three deep breaths and they're going to kind of calm themselves down right not here Jordan yeah nope here it's likely going to require some movement yeah okay

um so some of the things that we see in in classrooms are you know they put an x on the wall where a kid can bend all the way down Crouch down and then spring from their thighs and tap the wall right or handprints and

they push on the wall right a stomping pad and they stomp so something where they're active right in this iom um space in some cases we do have something called active calming Center um Sometimes It's Tricky right to get kids to um go through all of that um in this so we're going to stick to walking with them you know something like that and I feel like you have to have like a uh an acceptance like you said earlier because

I feel like it's hard when when you're the person who's doing that with them yeah it's it's very easy like said if I knock it off or if I don't believe that you're justified in your feelings we're never going to start through any steps and so back to our conversation about judgment right if I'm judging this anger as not okay or it's ridiculous or that's not worth being mad about or things like that then there's no way we're going to

get to step one and and then when we talk about the movement you're just giving them you're just rewarding them with running around because it all starts with like our state right how are we responding to this issue at the beginning and I think that's huge when we start with step one because if we're not there then then it's just you're just giving them playtime or you're just oh my gosh that's exactly what I hear oh

my gosh that's exactly what I hear you're right