



A Therapeutic Approach
to Movement and Learning

Helping Kids Manage Big Emotions

How Good Beginnings Can Help

Big emotions like frustration, sadness, and anger can be tough for kids to navigate. If your child struggles with emotional regulation, meltdowns, or difficulty calming down, you're not alone. The good news? Emotional regulation is a skill that can be learned! Here's how Good Beginnings can help—and some simple strategies to try at home.



Teaching Kids to Identify Their Feelings

Understanding emotions is the first step in managing them. We help children recognize and label their feelings so they can express themselves in healthier ways.



Use an **"emotion chart"** with faces or colors to help your child name what they're feeling. You can also model by saying, "I'm feeling frustrated right now, so I'm going to take a deep breath."



Developing Coping Strategies That Work

Kids need tools to calm themselves when emotions feel overwhelming. We teach children a variety of coping skills and help parents reinforce them at home.



Create a **calm-down toolkit** with stress balls, fidget toys, a favorite book, or a cozy blanket. Encourage your child to use it when they start to feel overwhelmed.



Helping Kids Manage Transitions & Frustrations

Many children struggle with changes in routine or feeling out of control. We help them build flexibility and resilience so transitions are smoother.



Use **countdowns** before transitions: *"In five minutes, it's time to clean up."* This helps kids mentally prepare for change.



Telehealth Support for Home-Based Movement Strategies

If emotions are running high at home, we offer telehealth coaching to help parents learn calming strategies and create a plan that works for their child.



Practice **breathing exercises** like "smell the flower, blow out the candle." Inhale through the nose like smelling a flower, then exhale like blowing out a candle.



You're Not Alone- We're Here to Help

Big emotions can feel overwhelming, but with the right tools, kids can learn to manage them successfully. We've helped many families navigate emotional regulation, and we're here to support yours, too.



Let's Work Together!

If emotional regulation is a challenge for your child, we can help. Contact us to learn more and schedule an appointment.



703-536-1817 x1



www.gbtherapy.org



info@gbtherapy.org



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