When I feel upset, worried or disappointed, I can:

- Do a puzzle
- Paint
- Do a silly dance
- Place an ice pack on my neck
- Pet my animal
- Read a book
- Stretch
- Build something
- Use weighted blanket
- Have some alone time
- Take a warm bath
- Take 10 deep breaths
- Hum or sing a song
- Give someone a hug
- Look at my glitter jar
- Make a fist, then relax
- Pet my animal
- Stretch
- Build something
- Use weighted blanket
- Go outside
- Play with modeling clay
- Jump on a trampoline
- Draw how I feel
- Go outside
- Draw how I feel
- Go outside
- Draw how I feel
4 steps to help KIDS COPE WITH BIG FEELINGS about failure

1. EXPLAIN WHY FEELINGS ARE USEFUL
   - Explain that feelings are part of our bodies. Just like our muscles, brain and heart, our emotions work to keep us healthy and safe.
   - Tell that strong and powerful emotions, like anger, trigger a warning system in our bodies. Our brain thinks we are in a dangerous situation and our body reacts in lots of different ways—a fast heartbeat, a red face, or maybe a headache.

2. CREATE AN ACTION PLAN
   - Tell kids that when they notice their rapid breathing, tense muscles, or upset stomach, it’s a cue to make choices that take back control.
   - When kids are calm (long car rides or bedtime work well) talk with them about the types of failures that trigger their strongest feelings: a poor grade on a spelling test, losing a soccer game at recess, or not understanding that homework question.

3. VALIDATE FEELINGS
   - In their most difficult moments, kids need to know that all feelings—including ones about failing—are okay to have.
   - Ask questions to better understand their frustrations, and communicate that you hear and accept exactly how they feel.
   - Then ask, “What should we do to tackle this?”

4. CO-REGULATE
   - Each child’s capacity for managing feelings is different (and age-dependent). The prefrontal cortex, the area regulating emotions, isn’t even fully developed until early adulthood.
   - By responding to our child’s frustrations with warmth and support, rather than reacting with our own high emotion, we can provide that experience.