

Emotional Clarity for Kids



Notice → Name → Check In → Choose

🟡 NOTICE

“What’s happening in my body?”

🫀 Heart beating fast 😡 Fists tight 😭 Tears coming 🤢 Tummy hurts

👉 Say: “I notice ____.”

🟢 NAME

“What am I feeling?”

😡 Mad 😞 Sad 😱 Scared 😟 Confused 😡 Frustrated 😊 Happy 😳 Ashamed

👉 Say: “I feel ____.”

🟠 CHECK IN

“What happened?”

- Did someone do something?
- Did something not go my way?

👉 Say: “I feel ____ because ____.”

“What do I want right now?”

- I want my way
- I want it to stop
- I want help

👉 Say: “I want ____.”

CHOOSE

“What is the right thing to do?”

 Feelings are real, but they are not in charge.

- Use kind words
- Ask for help
- Take a deep breath
- Walk away
- Do another activity I enjoy

 Say: “I feel ____ AND I choose ____.”

Helpful Truths

- My feelings are important, but they are not in charge
 - I can do the right thing even when I don't feel like it
 - I am not alone in my big feelings—God helps me
 - I can always try again
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