

Childhaven Parent/Caregiver Guide: Feeling Words

Tips for helping our kids and managing their emotional responses:

Safety: Feelings are contagious. Parents/caregivers need to remain calm right now, and when interacting with kids, reflect a calm demeanor. Remind kids that even though this is a scary time, they are safe, and you're there to keep them safe as their caregivers. As parents/caregivers, that is our most important job.

Seen and Heard: It's essential to be validating our kid's emotions right now as they are navigating big feelings and feelings of loss and uncertainty.

Regulation/Co-regulation: It's important to help our kids find ways to self-soothe and cope. Deep breaths, throwing pillows, sidewalk chalk art, or introducing something new all can help kids cope with feelings.



Doing the Art with Heart Project:

Parent/caregiver check-in: How is your own mental health feeling? Find a way to ground yourself and focus yourself on your child and the project. Find a way to stay calm and positive so your child can experience a sense of security throughout the project.

Bring positivity and energy to this project and environment you are doing it in.

- Refrain from power struggles.
- Be on your child's level. Make eye contact.
- Narrate as they work.
- Reflect what you see your child doing and their responses to the work.
- Validate and acknowledge as they talk about the project and what is coming up for them.

Try to refrain from "good job" and too much instruction on how to do the activity. Instead, reflect on their work, how they're responding to what they're making, ask questions about their choices, and what you like about how hard they are working.

- Helena's examples from the video:
"Wow, look at how the words pop out on your picture!"
"It's fun to experiment with different colors."
- Other examples:
"You're working hard at that!"
"You're so focused on this!"
"I love the green you chose for that word, why'd you pick it?"

Remember to stay positive, compassionate, and sensitive to your child's needs and have fun together! This is a unique opportunity to enjoy each other and build on your relating skills and regulation together.

Covid-19 Resources for Families with Kids (URLS are direct links):

- Dr. Bruce Perry, Psychiatrist – stress and Covid-19: vimeo.com/280406253 and youtu.be/PZg1dlskBLA
- Dr. Barbara Stroud, Clinician and Developmental Psychologist – tips for children and COVID-19: youtu.be/MdKeau2huT4
- Liz Covey, LMHC – **Trauma Proof Parenting:** youtu.be/pB6ZUVE-4uk (video) and parentmap.com/article/connection-empathy-family-coronavirus?fbclid=IwAR0POGA0b2 (article)
- COVID-19 Resource Guide: drive.google.com/file/d/13X80BbNkDSu2U6b2iU7LEcCVEdf7WZ1q/view
- Mindfulness activities for children from the Child Wellness Institute: facebook.com/ChildWINnj/
- Positive Parenting and COVID-19: end-violence.org/articles/new-resource-pack-positive-parenting-covid-19-isolation
- Activities for parents to do at home with kids: drive.google.com/file/d/1lvFjygr0vcpGkPMsmzEYTmgt3giR36kj/view and drive.google.com/file/d/1tFOduVod7rZH-Snv2HFJTr3WzvMpE9Nx/view
- **Emergencies and Disasters:** The following are resources to support families in helping young children cope with the challenges that might occur during stressful emergency or disaster situations. This website will be updated as we obtain more resources: challengingbehavior.cbcs.usf.edu/emergency/index.html
- **King County Covid-19 Info & Resources:** kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx
- **Child Care Aware 1-800-446-1114:** childcareawarewa.org/

collaboration by:

Art with Heart Art Activity: Feeling Words

Time: 20-30 min

Suggested Age: 6+

Book: Magnificent Marvelous Me!, pg. 21

SEL Skill Development:

- Identity building
- Emotion Identification

[WATCH THE ACTIVITY VIDEO](#)

Materials:

- Watercolors
- Paintbrushes
- Card stock
- Black crayon
- Feelings list



Prep: gather materials and make a sample of artwork

Priming Activity:

Set intention for art making. If you have Magnificent Marvelous Me! work in it following the prompts on pg. 21. We're going to learn and act out some feeling words. Pick 3 to 5 feeling words from the Ocean of Emotion chart and work together to spell them out together with your bodies. Call out each of the letter and use your body to create the letter shapes.

How to explain activity to a kid:

We're going to write down our feelings in black crayons in four sections on a divided piece of paper. We'll write our feelings in large letters so that the word fills its space. Where the letters touch the lines, new shapes will be revealed. These new shapes are called negative space. Then, we'll fill those negative spaces with watercolor.

Create:

1. Divide a piece of paper into four sections
2. Pick four feeling words that reflect an emotion experienced today or this week. Use the Ocean of Emotion feelings chart to help choose words, this can also be read aloud from.
3. Using black crayon write each word huge in its own section of the divided paper so that it fills the entire section edge to edge creating interesting shapes and negative spaces
4. Fill in the spaces and shapes with washes of watercolor, the wax of the black crayon will resist the watercolor.

Material adaptation:

Instead of using watercolor to color in the shapes created by the letters use different colors of crayons, colored pencils, or markers. In some areas, try creating patterns or different types of shading.

Guiding questions to encourage sharing and reflection:

- What words did you choose? Why did you choose them? Do you have a favorite one?
- Did you learn any new feeling words today? What were they?
- How do you like working with watercolor? Is there anything challenging about it?
- Did using watercolor help you to think of feelings visually, or in colors and patterns?
- Do you see color or patterns when you feel angry? Sad? Jealous? Happy? Excited?
- What words stand out to you in your artwork? Why?

Continued support:

Share a chosen feeling word with a loved one or a trusted adult. Ask them to tell a story about a time they felt the same way. If you'd like, share a story from your own life as well.

[WATCH OUR VIDEO ON HOW TO USE ART TO HELP KIDS HEAL](#)

[MAGNIFICENT MARVELOUS ME! CURRICULUM](#)

[MAGNIFICENT MARVELOUS ME! ACTIVITY BOOK](#)

Emotion Ocean Feelings Chart

All the fishes in the ocean are expressing a different feeling. Is there a fish feeling what you're feeling right now? Do you have a feeling without a fish? Draw your own fish in the ocean, expressing that feeling and label it.



artwithheart.org

