



**Community Education  
Service**

**Child & Youth  
Mental Health Program**

**Ron Joyce  
Children's Health Centre**

**Expressing  
Feelings**

*Oct. 27, 2020*

**Presenters:**

Sue Kelley, Behaviour Therapist  
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# The Situation:

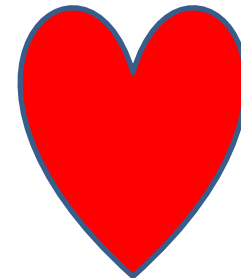
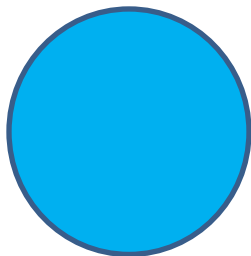
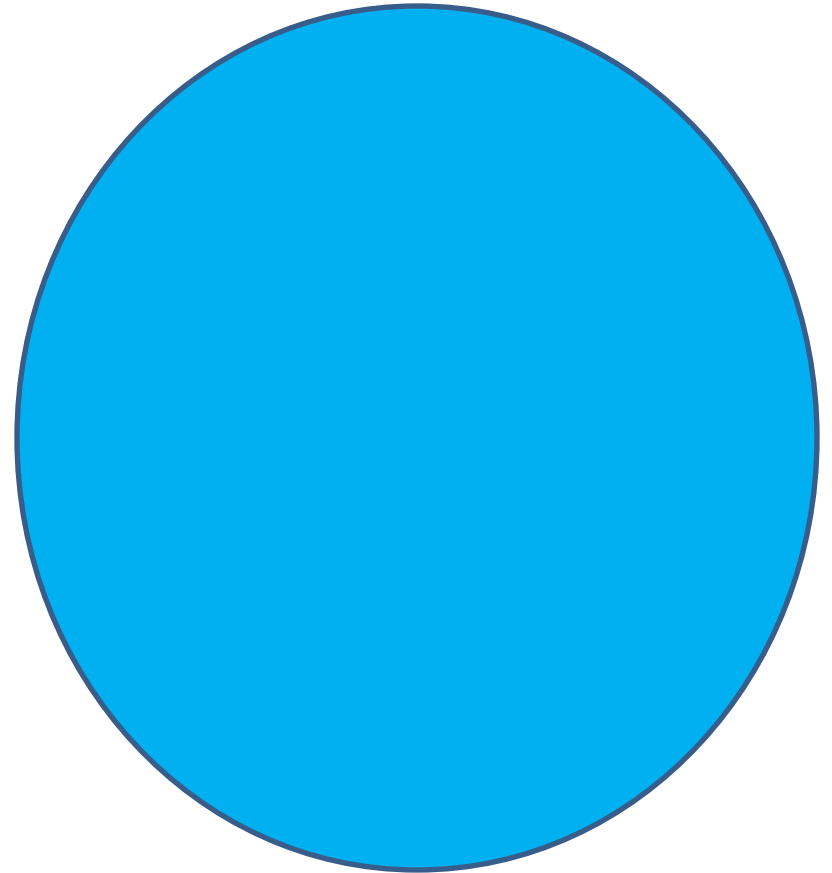
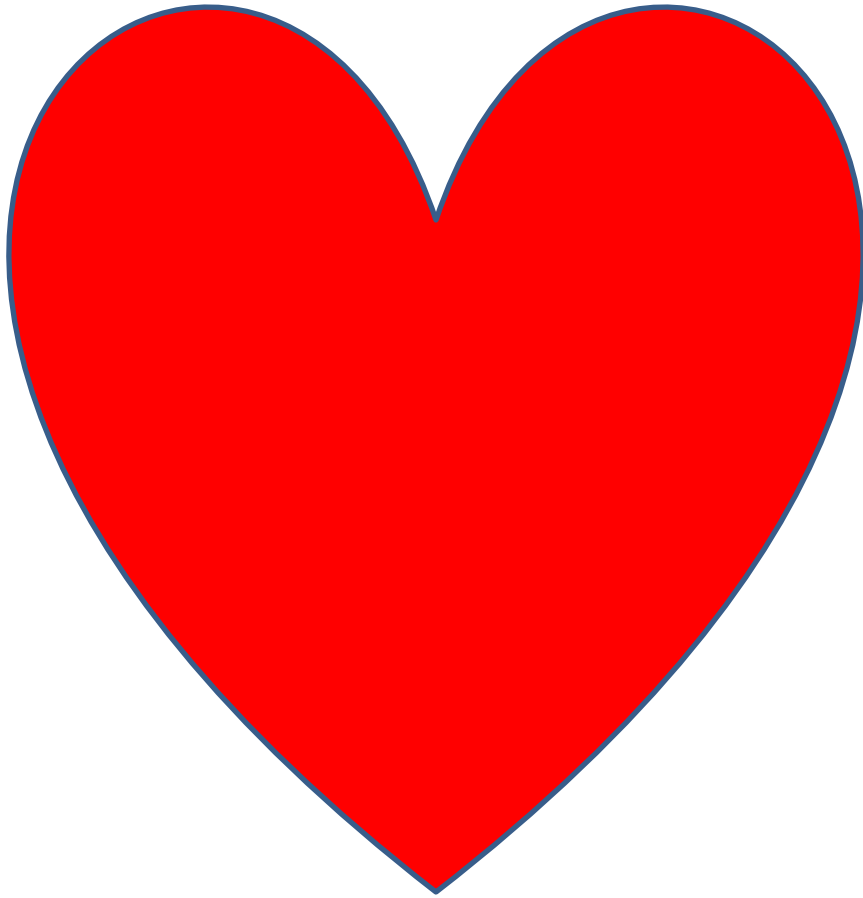
Babysitter is coming over.



Parents are going out for a night out.

**How do the children react?**





# The Situation:

Babysitter is coming over.



**Emotion:**  
Excited

**Behaviour:**  
Silly behaviour

**Emotion:** Anxiety

**Behaviour:**  
Crying, clinging to  
parent



Parents are going out for a night out.

**How do the children react?**



**Emotion:**  
Frustration

**Behaviour:**  
Tantrum

# The Situation:

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# Emotions are in Constant Motion

- Emotions move us to do something
- Emotions fluctuate in intensity
- Emotions that motivate troublesome behavior are those that make us feel vulnerable and devalued.

# Hot Button Activity (example)

## Child's Behaviour

They resist being left while you're out and have a meltdown.

## How you feel

frustrated      disappointed      let down

## How you react

Give in, respond with negativity

## Alternative approach

- Talk it out, find out what is behind it    Ask: How can I help?
- Are they bored? Need to bring some toys, etc.? Plan ahead, a week in advance
- What feelings re they experiencing?
  - Address the difficult ones, try to build up the positive ones
- Comment on what you notice – “I SEE YOU” (match their emotion)
- Attend to YOUR emotion
- Reflect afterwards: what could I do different next time?



# Hot Button Activity

**Child's Behaviour**

**How you feel**

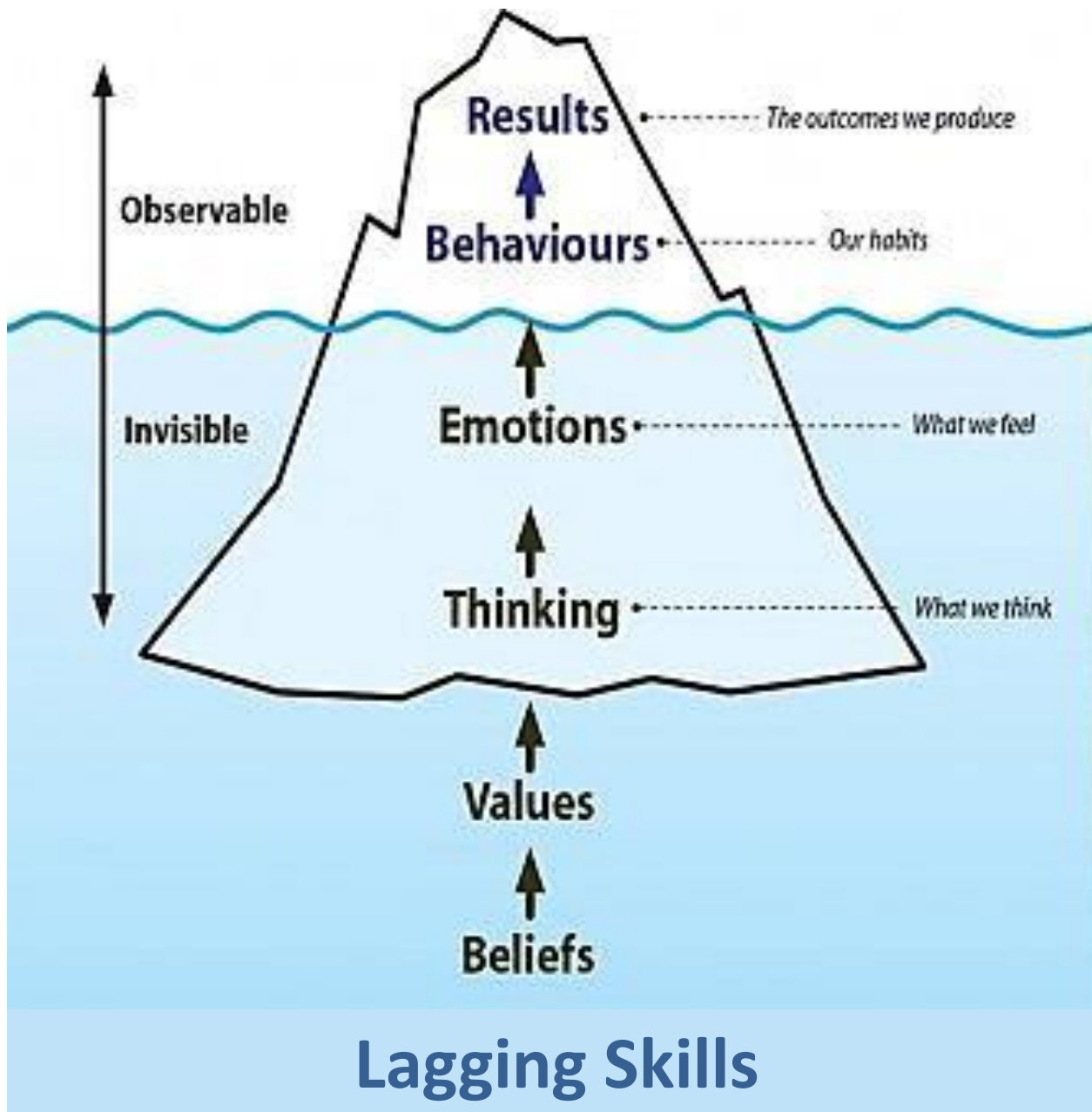
**How you react**

**Alternative approach**

**IQ contributes to 20% of how  
successful we are in life**



# What is Your Child Struggling With?



# ACTIVITY: Your Child's Struggles

- ☐ Learning difficulties
- ☐ Mental health concerns
- ☐ Impulsive
- ☐ Black and white thinker
- ☐ Poor problem solving skills
- ☐ Poor self esteem
- ☐ Poor communication
- ☐ Difficulty handling change or unpredictability
- ☐ Hard making friends
- ☐ Inflexible
- ☐ Poor organization skills
- ☐ Restless sleeper
- ☐ Physical complaints (upset tummy, headaches etc.)



# Sunday Night Blues

## **Parents:**

Your Emotions,  
Thoughts and  
Behaviours could  
be what?

## **Child:**

Their Emotions,  
Thoughts and  
Behaviours could  
be what?



# Tips

- Validate the emotion
  - Empathy VS Sympathy (video)
- Try to put yourself in your child's shoes.
- Problem solving
  - How can I support you?
  - Let's do this together



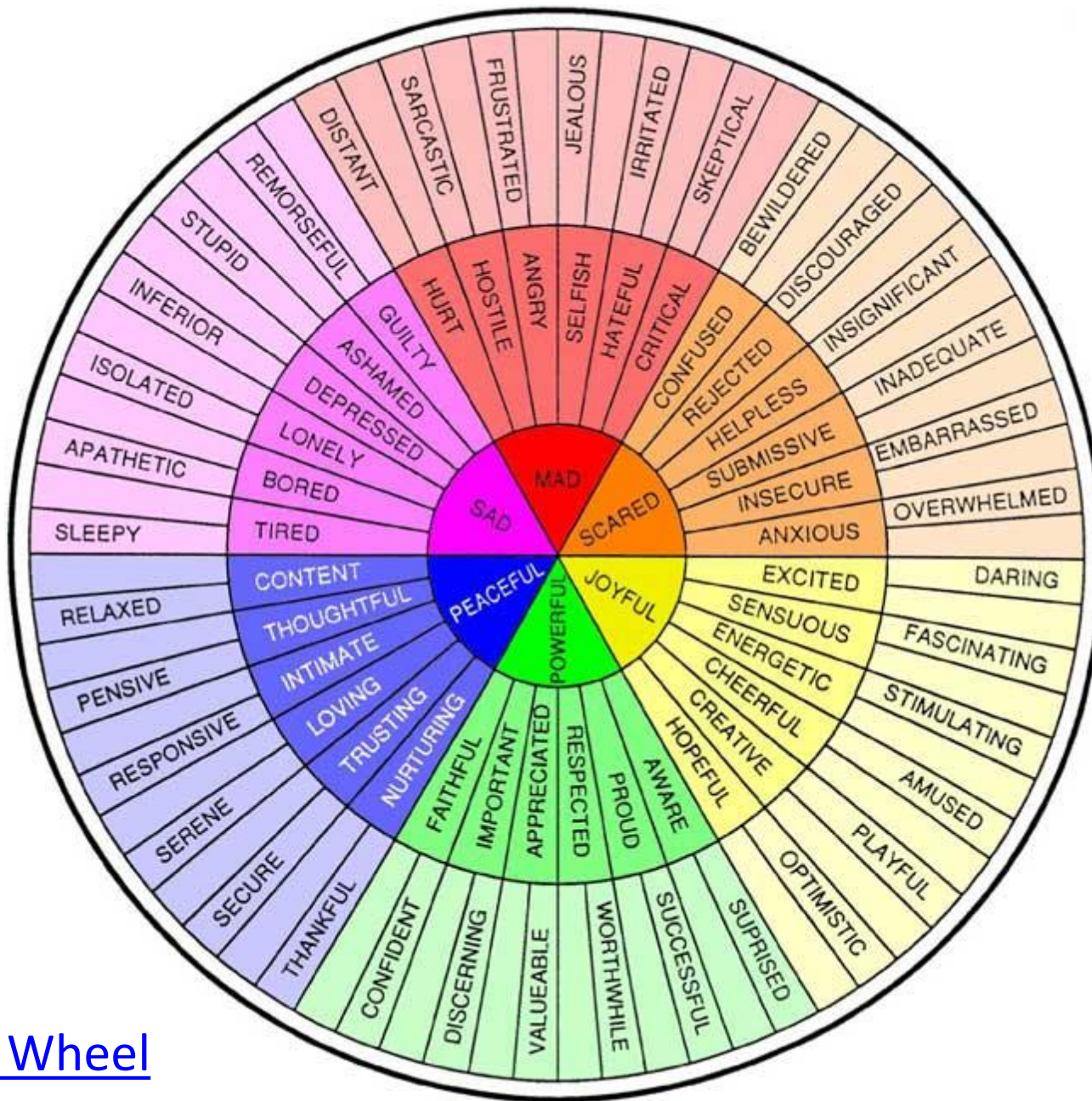
## VIDEO:

[Brené Brown on Empathy](https://www.youtube.com/watch?v=1Evvwgu369Jw)

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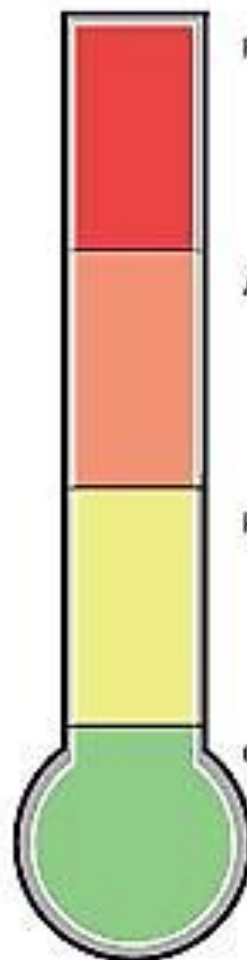
# Calm Down Plan Ideas

- Routine
- Calm down zone
- Calming box
- Fidgets to carry with them
- Communication book
- Practice mindfulness, relaxation
- Distractions
- Be a good role model
- Plan ahead



## Feelings Wheel

Write 2 things or situations that make you feel each of the emotions listed below.



Furious

1. \_\_\_\_\_

2. \_\_\_\_\_

Angry

1. \_\_\_\_\_

2. \_\_\_\_\_

Frustrated

1. \_\_\_\_\_

2. \_\_\_\_\_

Calm

1. \_\_\_\_\_

2. \_\_\_\_\_



Before engaging in any self destructive behavior... ask yourself.

Are you:

## Hungry

When did I last eat?

Is my hunger emotional or does my body need food?

If your body is asking for food, find something nutritious to snack on.

## Angry

What's are you dealing with right now that is stressful? Is the stress what's making you angry?

Find out way you're angry and find ways to diffuse that anger.

## Lonely

When is the last time you socialized?

Was it a positive or negative experience?

Reach out to your support system. Let them to help you.

## Tired

Have I been getting enough rest and giving my body the breaks it needs?

How can you energize yourself? Take some time to yourself and relax.

[RECOVERYISBEAUTIFUL.TUMBLR.COM](http://RECOVERYISBEAUTIFUL.TUMBLR.COM)



# MY FEELINGS CHART

NAME \_\_\_\_\_

WEEK OF \_\_\_\_\_

Kid Pointz®

Printing Kids to the Right (tm)  
www.kidpointz.com

TODAY I FEEL:

HAPPY

CALM

SAD

ANGRY

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



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# How I Feel

happy



sad



mad



sick



sleepy



hungry



worried



frustrated



silly



okay



surprised



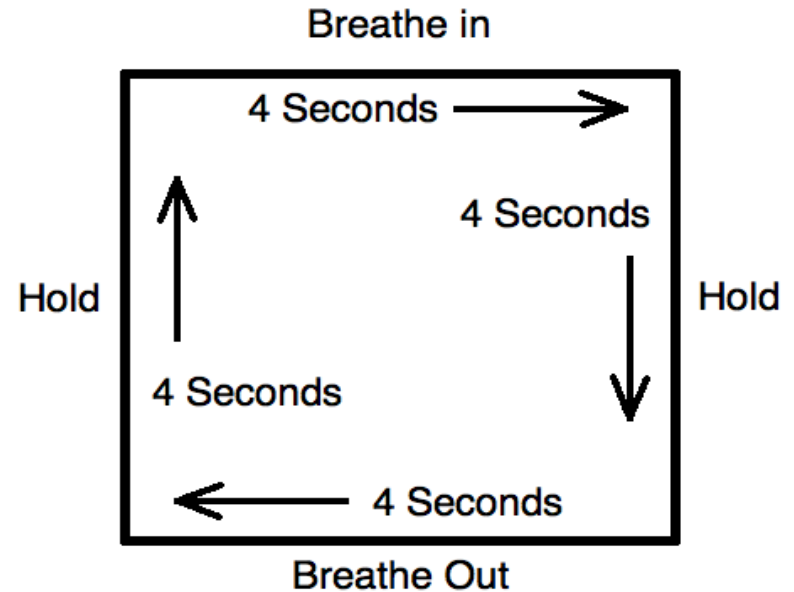
afraid



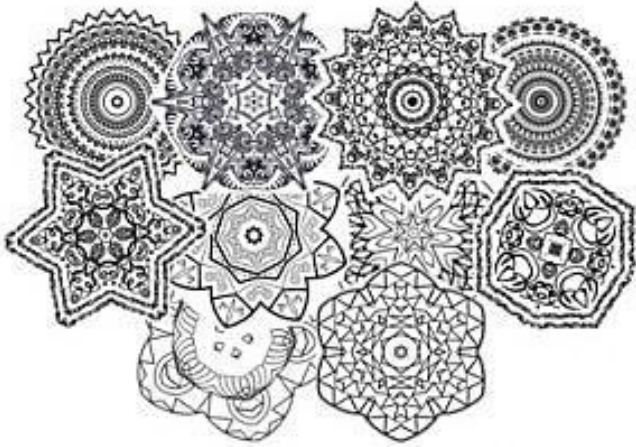
[www.livespeaklove.com](http://www.livespeaklove.com)

# Relaxation

- Deep breathing
  - square breathing
- Listen to music
- Do something relaxing
  - take a bath, get a massage
- Mental imagery
- Progressive muscle relaxation
- Mindful meditation
- Colouring/drawing
- Stretching or yoga
- Reading, writing
- Anything repetitive



## 13 New Free Mandala Coloring Pages



Go To [MandalaColoringMeditation.com](http://MandalaColoringMeditation.com)



## Zen Zone

# Resources

- **Contact Hamilton: 905-570-8888**
  - For information about accessing child and youth services or developmental services and supports: [contacthamilton.com](https://contacthamilton.com)
- **Youth Wellness Centre (ages 16-24yrs)**
  - [stjoes.ca/youth-wellness-centre](https://stjoes.ca/youth-wellness-centre)
  - [YWCintake@stjoes.ca](mailto:YWCintake@stjoes.ca)  
905.522.1155 ext. 31725
- **COAST (Crisis Outreach and Support Team):**
  - Hamilton: **905-972-8338 or Toll-free 1-800-972-8338**
  - Crisis support line (youth, families and others can call for assistance which may be offered by phone or mobile support team)

# Resources

- **Community Education Service**
  - Child and Youth Mental Health Program, McMaster Children's Hospital **905-521-2100 ext.74147**
  - [hamiltonhealthsciences.ca/mcmaster-childrens-hospital/patients-visitors/family-resources/](https://hamiltonhealthsciences.ca/mcmaster-childrens-hospital/patients-visitors/family-resources/)
- **Parents for Children's Mental Health (PCMH)**
  - Hamilton Chapter provides volunteer peer support for families by phone, text, email and virtual meetings
  - Email: [hamilton@pcmh.ca](mailto:hamilton@pcmh.ca)
- **Ontario Caregiver Helpline: 1-833-416-2273 (CARE)**
  - [ontariocaregiver.ca/find-support/helpline](https://ontariocaregiver.ca/find-support/helpline)

# Websites and apps

## Websites:

- [www.minds-in-bloom.com](http://www.minds-in-bloom.com)
- [www.kidpointz.com](http://www.kidpointz.com)
- [www.schooladvocacy.ca](http://www.schooladvocacy.ca)
- [www.do2learn.com](http://www.do2learn.com)
- [www.teenmentalhealth.org](http://www.teenmentalhealth.org)

## Videos:

- Kids want to know: Why Do We Lose Control of Our Emotions?  
<https://youtu.be/3bKuoH8CkFc>

## Wi-Fi control:

- Disney circle
- Mothership

## Apps:

- [Mindshift](#)
- [mindyourmind](#)
- [SAM - Self-help App for the Mind](#)



# THANK YOU!

Session resource page:

<https://yourspacehamilton.ca/expressing-feelings/>



Ontario Centre of Excellence  
for Child & Youth Mental Health

Centre d'excellence de l'Ontario en santé  
mentale des enfants et des adolescents

**yourspacehamilton.ca**