

Releasing emotional balloons

Emotions, like thoughts, come and go.
Sometimes they pass by like gentle waves,
but occasionally they can intensify and swamp us.

Talk to your kids about how a build up of emotion is like blowing up a balloon. Each *feeling* they have goes into that balloon and if they don't release some of their emotional energy, it can get bigger and bigger, and tighter and tighter until... it bursts!

Learning healthy ways to release that energy is really valuable. Physical exercise is helpful – running and jumping or whacking a ball; singing at the top of your voice or dancing freely; getting out into nature for perspective; going for a swim to wash it all off; having a pillow fight; watching something funny and laughing until your stomach hurts; or having a darn good cry whether you're feeling sad, overcome with happiness, or just a little overwhelmed. Explain how you can feel emotional at good things *and* bad things.

Talk about it together.
Just let it out and
then let it go.